

R.
206
.K23

KIDDY KOOKERY





Class RJ206

Book .K23

Copyright N^o _____

COPYRIGHT DEPOSIT.



Kiddy Kookery

MENUS *and* RECIPES

For
FEEDING CHILDREN
From
SIX MONTHS *to* SIX YEARS

COMPILED BY
MRS. HAROLD KAHN, *Seattle, Wash.*
FOR ALPHA GAMMA DELTA SORORITY

Aided by
MISS MARTHA KOEHNE
Assistant Professor of Home Economics,
at University of Washington

And
DR. H. L. MOON
A Child Specialist, of Seattle, Wash.

RJ 206
.K 2:3

COPYRIGHT APPLIED FOR
June, 1923



© Cl A752162

JUL 18 1923

no 1

PREFACE



The draft found twenty per cent. of our men unfit for war service.

Nutrition clinics throughout the United States have established the fact that practically the same percentage of our children are also unfit for the stress and strain of modern civilization.

With these facts in mind and also the fact that our knowledge of dietetics for children has materially changed in the last few years the authors of this little book on dietetics for the growing child have compiled from various sources and authors the best recipes and diets available at present.

Prevention of nutritional disorders in infants and children is of vital interest today.

This work presents in condensed form the essential material by which a normal child from six months to school age should be fed.

In this respect the authors will fill a long-felt want for the mother who desires to give her child intelligent care and prevent rather than remedy disturbances of nutrition.

The recipes are simple and easily followed. The various methods given of inducing children to drink milk are excellent.

The tendency of modern medicine, especially in children's work, is a gradual shifting of emphasis from remedial to preventive methods.

It is the hope of the authors that this work will take its place in the dietetic field of preventive medicine.

H. L. MOON, M. D.

Seattle, June 4, 1923.

FOREWORD



I have attempted to collect from various sources recipes for the preparation of most commonly used foods, and suggestive menus as a guide for well balanced meals for children. I claim no originality in regard to either and wish to acknowledge my indebtedness to various sources of information:

1. U. S. Department of Labor, Children's Bureau. Bulletin, "Child Care," by Mrs. Max West;
2. "Nutrition of Mother and Child," by Dr. Moore;
3. "The Baby's Food," by Dr. Isaac A. Abt;
4. "Diet and Disease," by Pattee, and various other sources too numerous to mention.

HOW TO MEASURE

Correct measurements are absolutely necessary to insure the best results. A cupful is measured level. To measure a cupful, put in the ingredient by spoonfuls, or from scoop, and level with a case knife, care being taken not to shake the cup.

A tablespoon is measured level.

A teaspoon is measured level.

Divide with knife lengthwise of spoon for a half spoonful; divide halves crosswise for quarters.

TABLE OF WEIGHTS AND MEASURES

1 cup	$\frac{1}{2}$ pint
12 tablespoons (liquid)	1 cup
16 tablespoons (dry)	1 cup
1 cup butter	8 ounces
2 tablespoons butter	1 ounce
1 cup milk	8 ounces
3 teaspoons	1 tablespoon

AT SIX MONTHS

- 6 a. m.—Breast Feeding
9 a. m.—Orange Juice.
10 a. m.—Cooked Cereal. Finish Meal on Breast Feeding.
2 p. m.—Breast Feeding.
6 p. m.—Cooked Cereal. Breast Feeding.
10 p. m.—Breast Feeding.

ORANGE JUICE

Squeeze juice from half a small orange. Strain through a wire sieve. To one tablespoon juice add one tablespoon water.

Juices may be given to babies either from bottle or cup or spoon. It is well to have them get used to a bottle before weaning time.

CEREALS

List of cereals given at this age: Farina, Cream of Wheat, Wheat Hearts, Pearls of Wheat.

COOKING OF CEREALS

(1) Cook cereal from one hour to three hours in a double boiler. (2) Heat directly over flame to boiling point and then complete the cooking in a double boiler one hour.

See Cooking of Cereals, page —.

SERVING

Serve thick with a tiny piece of butter. Start with one teaspoonful and increase to four or five tablespoonfuls by the end of the twelfth month.

BABY'S DRINKING WATER

Boil water from 5 to 10 minutes and allow to cool. Keep covered and offer to the baby several times during the day either in a bottle or from a spoon. Often babies are thirsty when we think they are hungry.

AT SEVEN MONTHS

- 6 a. m.—Breast Feeding.
10 a. m.—Cooked Cereal. Breast Feeding.
12 noon—Orange, Tomato, or Raw Cabbage Juice.
2 p. m.—Vegetables. Breast Feeding.
6 p. m.—Cereal, Cooked, or Cereal Jelly. Breast Feeding.
10 p. m.—Breast Feeding.

RAW CABBAGE JUICE

One-half cup of cabbage put through food grinder and then compressed in a cheese cloth will yield one to two ounces of juice. To one ounce of juice add one ounce of water.

TOMATO JUICE

Prepare same as cabbage. Juice from freshly opened can of tomatoes may be used in place of fresh in winter.

VEGETABLES

(For preparation of vegetables, see Page 41.)

Carrots, Spinach, Cauliflower.

Start giving vegetable soups or the juices in which vegetables have been cooked.

Carrots should be put through grinder or chopped fine before cooking.

TO SERVE VEGETABLES

Press through wire sieve and season with a tiny piece of butter. Begin by giving 1 teaspoonful and gradually increase to 2 tablespoons by a year.

If a baby does not take new foods easily it is a good plan to add a little of the new one with something he already likes, gradually decrease the old one and increase the new one until it is given alone. For instance, if a child likes his cereal and you wish him to take a little prune pulp, mix it with his cereal.

Only one article should be added to the baby's diet at a time, and the effect on the baby should be carefully noted.

Never give a baby cakes, candy, doughnuts, pastry, fresh breads, griddle cakes, syrups or molasses, pork or tough meat of any kind, bananas or any over-ripe fruit, pickles, tea, coffee, soda water, wine, cider, beer nor tastes of the family meal. If this is begun he will soon demand a taste of everything he sees, and his appetite for the simple diet which is essential at this age will be quickly destroyed.

TOAST

When Teeth Erupt

Mastication should be encouraged by giving daily a dry crust, piece of zwieback, arrowroot, or educator cracker upon which to suck and chew. This should be at the end of the meal.

BEEF JUICE (HOT PROCESS)

Select a piece of meat from the rump or top of the round. Remove all fat and broil or warm slightly one or two minutes, to set free the juices; lay on plate and cut meat in various directions that more juice may be extracted; then squeeze out the juice by means of a press, lemon squeeze or potato ricer into a slightly warmed cup. Salt if necessary, and serve at once. Prepare only enough to serve, as it does not keep well. Serve in dainty cup to disguise the color. One pound of meat yields four ounces of juice. A teaspoon or two of this every other day, given plain, or diluted half and half with water, is fully sufficient for a baby six months old. Double amount for a year old baby.

BEEF JUICE (COLD PROCESS)

Add about one-third pound of finely chopped round steak to one-third cup of water. Allow to stand in covered jar in cool place from six to twelve hours. Then squeeze out juice by twisting the meat in coarse muslin or cheese cloth. Season with salt.

Beef juice is chiefly valuable as a stimulant. It has but little food value, and is not to be given in place of nourishing foods, but as an addition to them.

AT EIGHT MONTHS

- 6 a. m. —Breast Feeding.
- 10 a. m. —Cooked Cereal (as at six months). Breast Feeding.
- 12 noon—Orange, Tomato, or Raw Cabbage Juice. 1 to 2 ounces
1 or 2 ounces in equal amount of water.
- 2 p. m.—Vegetable. Toast, Broth (beef, mutton or chicken). Breast Feeding.
- 6 p. m.—Cooked Cereal or Cereal Jelly, Toasted Whole Wheat Bread or Zwieback. Breast Feeding.
- 10 p. m.—Breast Feeding.

At this age one teaspoonful of butter should be given daily, using on toast or in vegetables.

VEGETABLES

Spinach, Lettuce, Carrots, Cauliflower, String Beans, Young Beets.

PREPARATION OF VEGETABLES

Whole vegetables in the form of puree are now added to the diet. Cook vegetables until tender, press through sieve and add meat broth or butter.

BROTH

Broth made from chicken, beef or mutton may be given. This should be cooked, all fat removed, and the broth reheated before being fed to the child.

AT NINE MONTHS

- 6 a. m.—Breast Feeding.
- 10 a. m.—Cooked Cereal (whole grain cereals), 2 ounces Whole Milk (boiled 1 minute), Toast, Broth. Breast Feeding.
- 12 noon—Orange Juice.
- 2 p. m.—Vegetable (spinach or carrots), Baked Potato, Apple Sauce or Baked Apple, Zwieback or Toast (whole wheat bread).
- 6 p. m.—Cooked Cereal (whole grain cereals) or Cereal Jelly, 2 ounces Whole Milk (boiled 1 minute), Toast, Broth, Prune Pulp. Breast Feeding.
- 10:00 p. m.—Breast Feeding.

MUTTON BROTH

Wash 2 pounds neck of mutton, cut off fat, and cut into small squares. Put meat in saucepan with 3 pints of water. Cook slowly for several hours.

CEREALS

Cracked Wheat, Wheat Granules, Rolled Oats, Scottish Oatmeal, Steel Cut Oats, Pettijohn's.

COOKING OF CRACKED GRAIN CEREALS

Soak over night in double boiler, then bring to boil directly over flame. Stir well. cover and cook on asbestos mat thirty minutes or in double boiler for 1 hour.

AT TEN MONTHS

After the ninth month, depending somewhat on the time of year and how well the baby is taking the solid foods, the 10 p. m. breast feeding may be dropped, and shortly after that 8 ounces of whole cow's milk (boiled 1 minute) may be gradually substituted for the other feedings. (See your doctor about weaning.)

VEGETABLES

As at eight months, adding Asparagus Tips, Kale, Kohlrabi, Brussels Sprouts and Swiss Chard.

ADDITIONAL FOODS

Give Cooked Fig and Prune Pulp.
Egg Yolk, hard boiled and mashed.
Butter, 1 tablespoon a day.

BACON

Bacon may be given as early as 12 months if cooked crisp. The best method of cooking is broiling. If not broiled, it should be placed in hot frying pan, turned frequently until all fat is out. Drain off the fat, then brown the bacon.

MILK TOAST

Cut slices of stale bread $\frac{1}{2}$ inch thick, toast slowly until well browned. Let cool before buttering. Heat saucepan of milk, season with tiny pinch of salt and pour over buttered toast. Children love Zweiback fixed this way.

SCRAPED BEEF

Wipe a small piece of steak, cut from top of round. Lay it on a meat board, and with the tip of a silver spoon scrape off the soft fibres. Make it into little flat, round cakes half an inch thick and broil them two minutes. Season with salt and pepper if allowed. Serve on rounds of buttered toast. Do not add salt before cooking, as it toughens the meat.

COTTAGE CHEESE

Cottage cheese may be given at eleven months. Begin with one teaspoon and increase to one tablespoon.



enus

12 to 18th Months

7:00 to 8:00—BREAKFAST

- (1) CEREALS—White or brown rice, oatmeal, wheat granules, Scottish oatmeal, steel cut oats, Farina, Cream of Wheat.
- (2) FRUITS—Stewed apples, prunes, apricots, pears, peaches, figs (mashed or sieved). Juice of grape fruit, orange, grapes and berries (after 14 months, raw scraped apple may be given).
- (3) BREAD—Stale whole wheat or white bread or toast, Zweibach, hard crackers.
- (4) BEVERAGE—Milk.

11:30 to 12:30—DINNER

- (1) Potato or rice (small amount).
- (2) Other Vegetables. Spinach, carrots, peas, string beans, asparagus tips, swiss chard, cauliflower, celery, beets, kale, kohlrabi, cooked lettuce, tomatoes, brussels sprouts. Vegetables may be stewed, seasoned with butter or beef juice, or used in thick vegetable soups or as puree in cream soups.
- (3) Zweibach or hard crackers.
- (4) Milk.

3:00 to 3:30—LUNCH

- (1) Fruit pulp or sauce of the above named fruits
- (2) Milk.

5:30 to 6:00—SUPPER

- (1) Cream soups made from spinach, peas, celery, lettuce, potato, carrots or stewed vegetables, or vegetable soups.
- (2) Cereal. Use any of the above named cereals.
- (3) Fruit. Use any of the above named fruits.
- (4) Desserts. Custard, blanc mange, chocolate cornstarch, pudding.
- (5) Beverage—Milk.

GENERAL MENU

BREAKFAST—

For Breakfast, give either 1, 2, 4 or 1, 3, 4.

DINNER—

Give either 1, 2, 3, 4, or 2, 3, 4.

LUNCH—

Give 1 or 2 or both.

SUPPER—

Give 1, 3, 5, or 2, 4, 5, or 2, 3, 5, or 1, 4, 5.

SPECIFIC MENUS

I. BREAKFAST—1, 2, 4.

2-4 tablespoons oatmeal, well cooked.
3-4 tablespoons apple sauce
1 cup milk.

DINNER—1, 2, 3, 4.

2 tablespoons baked potato.
3-4 tablespoons spinach puree.
1 cup milk.
Zweibach (at end of meal).

LUNCH--2.

1 cup milk.

SUPPER—1, 2, 5.

$\frac{1}{2}$ cup cooked cereal.
 $\frac{3}{4}$ tablespoon apricots.
1 cup milk.

II. BREAKFAST—1, 3, 4.

$\frac{3}{4}$ tablespoon Farina.
1 slice toast.
1 cup milk.

DINNER—2, 3, 4.

4-6 ounces thick vegetable soup.
Hard Crack.
Milk (at end of meal).

LUNCH—1, 2.

2-3 tablespoons pulp of stewed figs.
1 cup milk.

SUPPER--1, 4, 5.

2-3 tablespoons cooked carrots.
2-3 tablespoons blanc mange pudding.
1 cup milk.

III. BREAKFAST—1, 2, 4.

2-4 tablespoons steel cut oats.
Juice of half fresh grape fruit.
1 cup milk.

DINNER—1, 2, 3, 4.

2-3 tablespoons cooked rice.
 $\frac{1}{2}$ cup cream of celery soup.
1 slice toast.
1 cup milk.

LUNCH—1.

1 cup milk.

SUPPER—1, 3, 5.

3 T. sieved green peas.
2-3 T. peaches.
1 cup milk.

IV. BREAKFAST—1, 2, 4.

2-4 T. wheat granules.
2-3 T. figs.
1 cup milk.

DINNER—1, 2, 4.

2-3 T. boiled potato.
 $\frac{1}{2}$ cup cream of beet soup
1 cup milk.

LUNCH—1, 2.

Juice of berries.
1 cup milk.

SUPPER—2, 4, 5.

2-3 T. browned rice.
2 T. custard.
1 cup milk.

MENUS

18 Months to 3 Years

7:00 to 8:00—BREAKFAST

- (1) CEREALS. Pearls of Wheat, Wheat Hearts, Hominy grits, rye, rolled oats, cracked wheat, corn meal. Any of those listed in 12 to 18 months, plus the above.
- (2) FRUITS. Same as from 12 to 18 months. (Scrape fruit if raw, mashed if stewed, strain if containing seeds.)
- (3) BREADS. Same as listed in diets from 12 to 18 months plus graham, rye and brown.
- (3) Eggs or crisp bacon.
- (5) BEVERAGE—Milk.

11:30 to 12:30—DINNER

- (1) Potatoes.
- (2) Other vegetables. Same as in lists from 12 to 18 months. (Vegetables may be stewed, seasoned with butter or beef juice, or as thick vegetable soup, or as cream soups or creamed vegetables.
- (3) Meat or Meat Substitutes. (Lamb, egg, fish, chicken, scraped beef, crisp bacon, liver, sweetbreads, kidney heart, etc., whenever purchased for the rest of the family.)
- (4) BREADS. Same as above.
- (5) DESSERTS. Custard, blanc mange pudding, chocolate cornstarch, rice pudding, junket, tapioca pudding.
- (6) Fruits. Any of the above named fruits.
- (7) Beverage. Milk or cocoa.

3:00 to 3:30—LUNCH

- (1) Bread and butter. Breads mentioned above.
- (2) Milk.
- (3) Fruit. Fruits mentioned above.

5:30 to 6:00—SUPPER

- (1) Vegetables. Any of the above vegetables.
- (2) Bread or cereals. Any of those previously mentioned.
- (3) Desserts. Any of the above named desserts.
- (4) Beverage. Milk or cocoa.

GENERAL MENU

BREAKFAST—

Give either 1, 2, 4, 5, or 2, 3, 4, 5, 6.

DINNER—

Give either 1, 2, 4, 5, 6, or 2, 3, 4, 5, 6.

LUNCH—

Give either 1, 2, or 2, 3.

SUPPER—

Give either 1, 2, 3, or 1, 3, 4.

SPECIFIC MENU

I. BREAKFAST—1, 2, 4, 5.

4-5 tablespoons Farina.
2-3 tablespoons apple sauce.
1 egg.
1 cup milk.

II. BREAKFAST—1, 2, 4, 6, 7.

2-4 tablespoons prunes.
1 slice toast.
2 slices crisp bacon.
1 cup milk.

III. BREAKFAST—1, 2, 3, 5.

3-4 tablespoons oatmeal mush.
1 orange.
1 slice toast.
1 cup milk.

IV. BREAKFAST—1, 2, 3, 5.

3-4 tablespoons Wheat Hearts.
Juice of berries.
Zweibach.
1 cup milk.

I. DINNER—1, 2, 4, 6, 7.

2 tablespoons baked potato.
1/2 cup spinach puree.
Hard crackers.
2/3 tablespoon peaches.
1 cup milk.

II. DINNER—2, 3, 4, 5, 6.

2-4 tablespoons creamed carrots.
Boiled fish.
1 slice whole wheat bread.
2 tablespoons rice pudding.
1 cup milk.

III. DINNER—1, 2, 4, 6, 7.

2 tablespoons boiled potato.
2 tablespoons beets.
1 slice rye bread.
2/3 tablespoon apricots.
1 cup milk.

IV. DINNER—2, 3, 4, 5, 7.

Liver and spinach.
3 tablespoons cooked tomatoes.
Zweibach.
2 tablespoons blanc mange pudding.
1 cup cocoa.

1. LUNCH—1, 2.

Bread and butter.
1 cup milk.

II. LUNCH—2, 3.

2-3 tablespoons of above named fruits.
1 cup milk.

I. SUPPER—1, 2, 3.

4 tablespoons spinach soup.
Zweibach.
3 tablespoons custard.

II. SUPPER—1, 3, 4.

4 tablespoons cream of pea soup.
2 tablespoons junket.
1 cup milk.

III. SUPPER—1, 3, 4.

4 tablespoons celery soup.
2 tablespoons rice pudding.
1 cup milk.

IV. SUPPER—1, 2, 3.

3-4 tablespoons lettuce puree.
1 slice rye bread and butter.
2 tablespoons chocolate cornstarch pudding

MENU

3 to 6 Years

7:00 to 8:00—BREAKFAST

- (1) Cereals. Any previously listed. Occasional use of shredded wheat biscuit, puffed grains or other prepared cereals for variety if freshened first.
- (2) Fruits. Remove seeds when necessary. Chewing habits should be well formed by this time, so fruit may be given raw. Apricots, tomatoes, oranges, prunes, peaches, apples, pears, figs, juice of grapes, berries and grapefruit.
- (3) Eggs or crisp bacon.
- (4) Breads (previously named).
- (5) Beverage—Milk or cocoa.

11:30 to 12:30—DINNER

- (1) Potato or rice.
- (2) Other vegetables. Any previously listed, plus dried peas, dried beans, spinach, kohlrabi, corn, squash.
- (3) Meat or Meat Substitutes (minced unless child chews his food thoroughly).
- (4) Breads previously mentioned.
- (5) Desserts. Any of the desserts previously mentioned, with the inclusion of milk, sherbets, plain ice cream, hard plain cookies, sponge cake.
- (6) Fruits previously mentioned.
- (7) Beverage—Milk or cocoa.

3:00 to 4:00—LUNCH

- (1) Bread and butter, with or without jelly.
- (2) Milk.
- (3) Fruit.

5:30 to 6:00—SUPPER

- (1) Vegetables. Any previously mentioned.
- (2) Breads previously mentioned.
- (3) Desserts previously mentioned.
- (4) Beverage—Milk or cocoa.

GENERAL MENU

BREAKFAST—

Give either 1, 2, 3, 4, 5; or 2, 3, 4, 5.

DINNER—

Give either 1, 2, 4, 5, 7; or 2, 3, 4, 6, 7; or 1, 2, 4, 6, 7;
or 2, 3, 4, 5, 7.

LUNCH—

Give either 1, 3; or 2, 3.

SUPPER—

Give either 1, 2, 3; or 1, 3, 4.

SPECIFIC MENU

1. BREAKFAST—1, 2, 4, 5.

4-5 tablespoons oatmeal cooked with raisins.
1 orange.
2 slices whole wheat bread.
1 cup milk.

11. BREAKFAST—1, 3, 4, 5.

4 teaspoons corn meal.
1 boiled egg.
1 slice toast.
1 cup milk.

III. BREAKFAST—1, 2, 4, 5.

4 tablespoons Cream of Wheat (cooked in milk).
3 tablespoons Apple Sauce.
4 slices rye bread.
1 cup milk.

IV. BREAKFAST—1, 2, 3, 5.

4 Tablespoons brown rice.
3 tablespoons apricots.
2 slices crisp bacon.
1 cup milk.

1. DINNER—1, 2, 4, 5, 7.

- 3 tablespoons boiled potato.
- 3 tablespoons string beans.
- 2 slices brown bread.
- 3 tablespoons tapioca pudding.
- 1 cup milk.

II. DINNER—2, 3, 4, 5, 7.

- 4 tablespoons cauliflower (creamed).
- Lean beef.
- 2 slices rye bread.
- 1 piece sponge cake.
- 1 glass milk.

III. DINNER—1, 2, 4, 5, 7.

- 3 tablespoons mashed potatoes.
- 2 tablespoons Brussel sprouts.
- 2 slices whole wheat bread.
- 3 tablespoons prune pudding.
- 1 glass milk.

IV. DINNER—3, 2, 4, 5, 7.

- 3 tablespoons baked rice and meat.
- 3 tablespoons creamed carrots.
- 2 slices graham bread
- 2 tablespoons milk sherbet.
- 1 glass milk.

1. LUNCH—3.

- Bread, butter and jelly.
- 3 tablespoons above named fruits.

II. LUNCH—

- 3 tablespoons above named fruits.
- 1 glass milk.

I. SUPPER—1, 3, 4.

- $\frac{1}{2}$ cup cream of corn soup.
- 2 hard cookies.
- 1 cup cocoa or Cho-Cho.

II. SUPPER—1, 2, 4.

3 tablespoons baked squash.
2 slices rye bread and butter.
1 cup milk.

III. SUPPER—1, 3, 4.

4 tablespoons stewed tomatoes.
2 tablespoons milk sherbet.
1 cup milk.

IV. SUPPER—1, 3, 4.

$\frac{1}{2}$ cup celery soup.
4 tablespoons peaches.
1 cup milk.

DO NOT FORCE A CHILD TO EAT

Flavorless, badly cooked, unattractive and unappetizing food will be poorly digested. The pleasing appearance of food and an agreeable manner of serving it have much to do with the pleasure of eating it.

Forcing a child to eat antagonizes him and does more harm than good. It is far better for a child to go hungry than to be forced to swallow food when he is under extreme emotional strain. Anger, rage, excitement and worry do inhibit digestion. No child will starve himself. When good and hungry he will eat what you want him to. If he continues to have no appetite then consult your physician.

Put the thing you particularly want the child to eat on his plate first, in reasonable small amounts. Do not plead with the child to eat his food, if he refuses excuse him from the table and allow him no food until next meal time.

Absolutely do not discuss food or any child's food habits at the table or at any time in his presence. Allow no one to express a dislike for any article of food before a child.

Parents and older members of the family should always eat what the child is expected to eat. Whatever is good for the child is good for the adult.

The growing child needs a good deal of good drinking water, particularly in hot weather, and should be offered water, even when he does not demand it. Tea and coffee should be absolutely forbidden to all children.

According to Ellen H. Richards a mother has made a failure of her task if she brings up her children to be notional about food.

SUGGESTED METHOD FOR TRAINING CHILDREN TO CHEW FOOD THOROUGHLY

Serve fairly coarse food and do not let child drink any beverage with his meals. Do not give much soup or liquid food. He has to chew his food well, then, in order to swallow it.

Allow no drinking with meals if beverage is used merely to wash half-chewed food down.

Chewing is very important in keeping the teeth in good condition.

Do not give dry raisins and dry prunes, raw apples, bananas, raw vegetables or nuts to a child to eat until he learns to chew his food well. Until such time is reached his hard crisp food should be confined to zweibach, toast, hard crackers, etc., which will soften up in the digestive juice if chunks are swallowed.

Do not let children eat pork or veal—much meat of any kind—fried foods—rich pies and cakes—strong spices and vinegar—green or spoiled fruit.

Do not let children drink tea, coffee, beer, wine, sodas.

Do not let them eat between meals, except for a regular lunch. Do not let them eat candy, ice cream cones, nuts, cakes and cookies between meals.

The habit of eating between meals tends to destroy the natural appetite and to make a child indifferent to his regular meals and leads to indigestion and malnutrition. If the interval between dinner and supper is very long, a light lunch consisting of milk, bread and butter, or other light food may be given, if given regularly at the same hour every day.

BE CHEERFUL AT MEAL TIME

A mother of several children has no time to cook separate meals for the children and the adults—she should plan her meals to suit the needs of both.

If a child will not eat he should not be forced to do so, nor should he be tempted with unsuitable foods when he refuses the ordinary article.

The child should be taught proper table manners, but if he is to eat properly, his table and chair must be of the right height and his utensils small enough so that he can use them easily. After the high chair is outgrown a child needs a dining chair high enough to bring his elbows nearly on a level with the top of the table, and provided with a foot rest.

MILK

Milk is the natural food for babies and the most important food for young children. A quart a day is a good allowance for a child if he takes plenty of solid food. The normal child needs one pint and a half only after eighteen months of age.

METHODS OF GETTING CHILDREN
TO DRINK MILK

If a child does not care for milk to drink, he may be tempted by using a colored glass or a fancy cup.

Milk may be given to children by preparing desserts, cereals and soups with milk. Also by giving cocoa and malted milk. A child will sometimes drink milk if given a straw to drink through.

Let him drink from some particular cup he is fond of. If he has none, let him go to the store and select one he would like to drink his milk from.

Give milk occasionally when child is thirsty in place of water.

Place at the mother's place a large opaque mug of milk and at the child's place a tiny wine glass. As the child drinks from the glass refill it from the mug. The small glass and small amount of milk may appeal to him if he has a small appetite.

When milk is given to babies the chill is usually taken from it. It is safe to do this for all young children. When milk is used as a drink it should be sipped, not gulped down.



Recipes

FRUITS

Fruits are necessary and should be given every day if possible.

BAKED APPLES

Wipe and core apples. Put in a shallow dish with one table-spoon water to each apple; more may be added during cooking if necessary; put into the center of each apple two teaspoons sugar. Bake in a hot oven twenty to thirty minutes, or until soft; baste with the syrup every ten minutes. A little nutmeg may be added to the sugar, and a few drops of lemon juice to each apple. Care must be taken that apples do not lose their shape and break.

STEWED APPLE SAUCE

Wash, pare, core and slice one apple; put in saucepan and add one teaspoon sugar and enough boiling water to partly cover. Cover and cook slowly without stirring until transparent and tender. Appetizing to serve with any breakfast food.

Pears and peaches may be cooked in the same way.

APRICOT AND PRUNE SAUCE

$\frac{1}{4}$ cup prunes.

1 cup cold water.

$\frac{1}{4}$ cup dried apricots.

Sugar to taste.

Wash fruit carefully; soak over night and cook slowly for two hours. If cooked properly the fruit will need very little sugar, as the sugar in the fruit is developed by this method of cooking.

STEWED FIGS

 $\frac{1}{2}$ pound figs

1 cup cold water

 $\frac{1}{4}$ cup white sugarJuice $\frac{1}{2}$ lemon.

Wash figs. Dissolve sugar in the water; add figs and bring slowly to boiling point. Stew two and one-half hours; when tender, add lemon juice.

NOTE—Cut figs in small pieces; cook very slowly so as not to add more water.

SERVING ORANGES

Cut a slice from the top of an orange and remove the pulp with a spoon; fill with a gelatine jelly; set on ice; when firm cut in quarters.

ORANGE BASKET

Cut two pieces from an orange, leaving a strip in the center for a handle; take out pulp; fill the basket with jelly made from pulp.

ORANGE JELLY

 $\frac{1}{2}$ cup orange juice.

2 tablespoons boiling water

2 teaspoons juice

1 tablespoon cold water

3 tablespoons sugar

1 $\frac{1}{2}$ teaspoon gelatine

Soak the gelatine in cold water; add the boiling water, sugar, lemon and orange juice. Strain.

BAKED PEARS

8 pears

2 tablespoons butter

 $\frac{1}{2}$ cup brown sugar.

Cut pears lengthwise, remove core and sprinkle one-half tablespoon brown sugar and dot of butter on each half. Bake until tender and browned.

STEAMED RHUBARB

1 cup rhubarb

 $\frac{1}{4}$ to $\frac{1}{2}$ cup sugar

Wash the rhubarb and cut it into inch pieces without removing the skin, as this gives a pretty pink color to the juice. Put it into a double boiler without water and steam one-half hour, or until soft. Do not stir, as it breaks the pieces. Sweeten to taste at once on taking from fire. If rhubarb cooks a minute too long—which means after it has gone to pieces—it will lose its delicious flavor.

FRESH BANANAS

Fresh bananas may be given as early as eighteen months if thoroughly mashed first. Do not give more than two teaspoonfuls at a time.

CEREALS

Cereals and bread should furnish one-third of the food required by the child. If children do not like cereals, it is usually because they have not been properly cooked and served. Cereals should be thoroughly cooked. They need long, slow cooking. They may be cooked in a large enough quantity to last three days, if kept in a cool place and heated as needed. They are much improved by the addition of fruits, such as dates, prunes or crushed bananas. Mixed cereals offer a great variety of flavors. Two or three kinds may be cooked together.

Uncooked or prepared cereals may be given occasionally, if cost can be disregarded. It should also be remembered that it takes two or three times as much of these cereals by volume to supply the same amount of food as cooked cereal. They should always be freshened in the oven before serving, however.

Dried fruits, like figs, dates, and raisins, may be cooked with the cereal to sweeten it and to give flavor.

METHODS OF PREPARATION

One teaspoon salt to 1 quart water for all cereals.

Four parts water to one part fine cereal. Make thin paste out of part of water as cold water to prevent lumping.

Two to two and one-half parts water for one part cereal for coarse cereals.

Steamed rice, one part rice to three or five parts water.

Boiled rice, one part rice to eight or sixteen parts water.

1. Put required amount of water and salt in the top of the double boiler and heat directly over the flame to the boiling point. Drop in the cereal so slowly that the water keeps bubbling violently. Stir constantly. Cook directly over the flame for five minutes. Complete cooking in the double boiler for 30 minutes to one hour—more if flavor of long cooked cereal is preferred.

2. Mix equal amount of water and cereal, though finely divided cereals require more water. Add to the boiling salted water. Cook directly over the flame for five minutes. Complete cooking in a double boiler, over an asbestos pad, or directly over a slow wood fire. Cook for 30 minutes without double boiler or from one to two hours if double boiler is used.

3. (This method is especially good for whole grain wheat and oat cereals). Soak one cup of cereal in four cups of cold water over night in single boiler. The next morning bring to a boil directly over the fire. Stir well, cover and cook slowly for 30 minutes over an asbestos mat, or one hour in double boiler.

BRAN MASH

(For Constipation)

1 cup bran	1 tablespoon Agar-agar
1 pint water	$\frac{1}{4}$ teaspoon salt

Put the ingredients in a sauce pan and heat slowly to the boiling point. Simmer for ten minutes or until the Agar-agar is dissolved. Pour into a loaf pan and allow to solidify at room temperature. Serve sliced with sugar and cream for cases of constipation. A thin slice added to a cooked cereal is often more appetizing.

BARLEY GRUEL (WITH BROTH)

2 cups beef broth	2 tablespoons cold water
2 tablespoons barley flour	1 teaspoon salt

Mix barley flour and salt with the cold water to form a smooth paste. Add gradually to the boiling stock and boil one-half hour. Strain and serve very hot.

BARLEY JELLY

1 tablespoon barley flour	1 cup boiling water
2 tablespoons cold water	Salt

Blend carefully the barley flour and the cold water; add gradually to the boiling water and cook twenty minutes. Add salt to taste, re-heat to boiling point, strain and serve or bottle for keeping.

CEREAL GRUELS

1 tablespoon barley flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup scalded milk.

1 tablespoon rice flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup scalded milk.

1 tablespoon farina, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup scalded milk.

1 tablespoon oat flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup scalded milk.

2 tablespoons cracker crumbs, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ cup scalded milk.

In the top of the double boiler mix the desired flour with enough cold water to form a paste. Add the boiling water, boil for two or three minutes over the fire, then set over the lower part of the double boiler and cook for fifteen or twenty minutes, stirring frequently. Add the salt and scalded milk and serve in a hot cup or bowl. The cracker gruel does not need to be mixed with the cold water nor cooked over the hot water, as it is sufficiently cooked by the two or three minutes' boiling.

CORNMEAL MUSH

1 cup cornmeal
5 cups water. 1 teaspoon salt

Use any of the above methods of preparation.

FARINA

$\frac{3}{4}$ cups farina
4 cups water 1 teaspoon salt

Use any of the above methods of preparation.

OATMEAL

1 cup oatmeal (coarse)
4 cups water 1 teaspoon salt

Use any of the above methods of preparation.

RICE (BOILED)

1 cup rice
8 cups water (boiling) 2 teaspoons salt

Pick over the rice. Wash until the water is clear. Drop into the boiling salted water which is kept bubbling violently. Boil thirty minutes or until soft. All the water should have disappeared. If any is left, drain and use for a soup. Pour over the rice one quart hot water. Return to kettle and place uncovered on back of stove to dry off. Kernels should be distinct. When stirring use a fork to prevent breaking kernels.

RICE (STEAMED)

1 cup rice
3 cups water or milk

1 teaspoon salt

Pick over the rice. Wash until the water is clear. Put salt and water or milk on top of the double boiler and place on stove. Add rice, stirring with a fork. Cook five minutes, cover, place over under part of double boiler and steam for 45 minutes or until kernels are soft. Uncover so steam may escape.

ROLLED OATS

1 cup rolled oats
3 cups water

1 teaspoon salt

Use any of the above methods of preparation.

CREAM OF WHEAT

1 cup Cream of Wheat
5 cups of water

1 ½ teaspoons salt

Use any of the above methods of preparation.

CRACKED WHEAT

Use four parts of boiling water to one part cracked wheat. Cook in double boiler from one-half to one hour. Salt to taste. Serve with cream and sugar.

Give your children Butternut Health Bread

BREAD

There should be plenty of bread and cereals, particularly oat-meal and whole wheat breads, which should be used freely. They are better for growing children than white bread. Day old bread is better than fresh bread—never give children bread which is under 24 hours old.

BRAN MUFFINS

$\frac{1}{2}$ cup sugar	1 cup toasted bran
2 tablespoons shortening	$\frac{1}{2}$ teaspoon soda
1 or 2 eggs	$\frac{1}{2}$ teaspoon salt
1 cup sour milk	$1\frac{1}{2}$ cups flour

Mix and sift dry ingredients; melt fat, separate yolks and whites of eggs; add liquid to dry ingredients slowly. Beat. Add beaten yolks, fold in whites beaten stiffly. Fill pans two-thirds full. Bake 25 minutes in moderate oven.

DATE MUFFINS

$\frac{1}{3}$ cup shortening	$\frac{2}{3}$ cup milk
$\frac{1}{3}$ cup sugar	3 level teaspoons baking powder
2 eggs	Little salt and nutmeg
$\frac{1}{2}$ cup dates, chopped	

Mix like cake and bake in muffin pans about 25 minutes.

ROMAN MEAL BREAD

$1\frac{1}{2}$ cups white flour	$1\frac{1}{2}$ cups sour milk
$\frac{1}{2}$ cup roman meal	1 teaspoon soda
$\frac{1}{2}$ cup bran	1 teaspoon baking powder
1 cup chopped raisins	1 teaspoon salt
$1\frac{1}{2}$ cups sugar	

Mix together and bake in loaf about $\frac{3}{4}$ of an hour.

DATE BREAD

2 cups unsifted graham flour	1 teaspoon soda
1 cup white flour	1 teaspoon salt
$\frac{2}{3}$ cup molasses	$\frac{1}{2}$ cup chopped dates.
$1\frac{3}{4}$ cup sour milk	

Mix well and bake like bread.

EGGS

COOKED EGG

Have ready a sauce pan containing 1 pint of boiling water for one egg and an additional cup of water for each additional egg. Carefully drop the eggs in with a spoon. Remove pan from fire. Let stand from six to eight minutes for soft cooked eggs. For hard cooked eggs, place in hot water in double boiler and allow to cook for 40 minutes.

Another method to "soft cook" is to place eggs on stove in cold water and allow water to heat gradually until the boiling point is reached. Remove from stove, allow to stand in water one minute.

Cut a round slice of bread, toast it thoroughly; beat the white of one egg until it is very stiff; spread this egg white over the toast; make a depression in the center of it and drop whole yoke into it. Bake in a very slow oven until the egg is firm.

EGG NOG

Beat yolk of egg thick, add 1 teaspoon sugar and 1 cup milk. Add well-beaten white of egg and season with vanilla.

GOLDEN ROD EGGS

Boil eggs until firm. Mince the whites very finely. Add to white sauce, season with salt and pepper, and pour over hot toast. Press the yolks through fine wire sieve and sprinkle on top.

SCRAMBLED EGGS

Beat eggs thoroughly with a fork or Dover beater, season and add a little milk. Melt a little butter in the top of the double boiler, pour in eggs, and stir occasionally until firm.

STEAMED OMELET

Beat one egg very stiff, without separating white and yolk. Add four tablespoons of thin cream and a little salt and pepper. Place in small buttered pan and place this in stew pan of boiling water. Cover the stew pan so that very little steam escapes and allow to cook just ten minutes.

Give your children Butternut Health Bread

POACHED EGGS ON TOAST

Open eggs into saucer. Drop easily into freshly boiled water and cook below boiling point. Cook until white film forms over yolk of egg. Remove from water and serve on toast. Add seasoning and tiny piece of butter. If a poacher is available it will aid greatly in making the eggs more appetizing in appearance.

PLAIN OMELET

2 eggs
 $\frac{1}{4}$ teaspoon salt
Pepper

2 tablespoons hot water
 $\frac{1}{2}$ tablespoon butter
 $\frac{3}{4}$ cup white sauce

Separate yolks from whites. To yolks, add salt, pepper and hot water and beat until lemon colored. Beat whites stiff, cutting and folding into first mixture until they have taken up mixture. Heat in buttered pan. Turn in mixture, spread evenly, place on range where it will cook slowly. When well puffed and delicately browned underneath, place pan on center of grate of oven to finish cooking on top. The omelet is cooked if it is firm to touch when pressed with finger. Fold and turn out on hot platter and pour white sauce around.

Jelly may be spread on top in place of using white sauce. In case jelly is desired omit the pepper and one-half the salt and add one tablespoon sugar.

CODDLED EGGS

Place egg in pan of boiling water and remove pan from fire at once; cover, and allow the egg to cook about seven or eight minutes. The white should be soft and of jelly-like consistence, which makes it quite readily digestible.

SOUPS

BEEF BROTH

2 lb. shin of beef	1 teaspoon salt
1 quart cold water.	1 diced carrot
1 small onion	1 small turnip

Wipe the meat and cut the lean part in small pieces. If brown stock is desired, put the lean meat in a hot frying pan in marrow from the bone and brown well. Put bone, browned meat, water and salt into a soup kettle and heat slowly for one and one-half hours. Remove scum as it rises. Add vegetables, any seasonings desired, and cook for one-half hour. Strain and cool. When cold remove the fat. This may be kept in a cool place and used as desired for broth or as a stock for vegetable soups. A white soup stock may be made by using knuckle of veal.

CHICKEN BROTH

Boil a large hen in salted water with onion, celery and parsley. Cook rice separately and when done add to the broth that has been cooled, fat removed, reheated and strained.

MUTTON BROTH

Wash two pounds neck of mutton, cut off fat and cut into squares. Put meat in sauce pan with 3 pints of water. Cook slowly for several hours.

BEAN SOUP

1 quart water	1 cup tomatoes
1 slice onion	Salt
2 cups cold baked or boiled beans	

Put beans, water and onion in a kettle and simmer twenty minutes. Rub through sieve. Add strained tomatoes, seasoning and re-heat.

Give your children Butternut Health Bread

CLAM CHOWDER

Boil 2 medium potatoes. Cut in cubes with one onion, salt to taste. Cook one pint of minced clams in clam nectar. Add 1 pint milk and 1 tablespoon of flour blended in water. Drain water from potatoes and onions and add to clams. Serve with bits of crisp bacon on top.

OYSTER SOUP

1 quart oysters
1 quart milk

4 tablespoons butter
Salt

Wash and pick over oysters. Heat liquor to boiling point and strain. Add oysters to the milk and the liquor and cook until the oyster edges begin to curl. Add butter and salt.

RICE TOMATO SOUP

Put $\frac{1}{2}$ cup of rice into a saucepan with 2 quarts of vegetable stock and boil until rice is tender. Mix with a can of tomatoes strained and 1 ounce of butter. Serve it with sippets of toast.

TOMATO SOUP

2 cups strained tomatoes
1 cup meat stock

Salt

Add stock to tomatoes and simmer for twenty minutes. Season and serve.

VEGETABLE SOUP

Sieve vegetables into clear meat broth. Either one at a time or two or three in the same soup. This may be thickened with bread crumbs.

• Several vegetables may be used together for a cream soup.

Putting puffed rice on top of the plate of soup or toasted squares of bread makes soup more interesting and enticing for children.

WHITE SAUCE

(For Soups)

1 tablespoon butter

1 tablespoon flour

1 cup milk or vegetable juice

(For Scalloped Dishes)

2 tablespoons butter	2 tablespoons flour
1 cup milk	

(For Croquettes)

3 tablespoons butter	3 tablespoons flour
1 cup milk	

Cream fat and flour, cook over slow flame for five minutes, add liquid and cook until thick.

CREAM OF CARROT SOUP

1 pint carrots	Salt
1 quart white sauce	Seasonings

Wash and scrape the carrots. Cook in boiling salted water until tender. Push through a sieve. Add to the white sauce, season and reheat.

CREAM OF CELERY SOUP

3 cups of celery	Salt
1 quart white sauce	Seasoning

Cook celery in small amount of water ten minutes. Push through a sieve. Add to the white sauce, season and reheat.

CREAM OF CLAM SOUP

1 pint clams	Salt
1 quart white sauce	Seasonings

Clean and pick over clams. Add liquor to hard part of clams, finely chopped, and simmer twenty minutes. Add this and soft part of clams to the white sauce. Season and reheat.

CREAM OF LETTUCE SOUP

2 heads of lettuce	2 tablespoons rice
2 cups of white sauce	Salt
Seasonings	

Cook the rice until tender in one cup boiling water. Add it, the very finely chopped lettuce, and seasonings to the white sauce. Cook fifteen minutes in a double boiler.

Give your children Butternut Health Bread

CREAM OF PEA SOUP

1 can peas	Salt
1 quart white sauce	Seasonings

Drain liquor from peas. Push through a sieve and add to white sauce. Season and reheat.

CREAM OF POTATO SOUP

2 cups cooked potatoes	Salt
1 quart white sauce	Seasonings

Rub potatoes through a sieve and add to the white sauce. Add seasonings and reheat.

CREAM SQUASH SOUP

Press either baked or boiled squash through sieve and add to cream sauce. Season, salt and pepper.

CREAM OF STRING BEAN SOUP

2 cups string beans	Salt
1 pint white sauce	Seasonings

Cook beans until soft in boiling water to cover. Push through a sieve. Add liquor and pulp to white sauce. Season and reheat.

CREAM OF SPINACH SOUP

1 cup cooked spinach	Salt
1 quart white sauce	Seasonings

Rub spinach through a sieve and add to the white sauce. Add seasonings and reheat.

CLAM NECTAR

Heat clam nectar from fresh clams. Add pepper, salt and a little grated onion.

CREAM OF BEET SOUP

Cream of Beet Soup is very good and very pretty.

VEGETABLES

TO COOK VEGETABLES

Cook mild vegetables in small amount of water and serve in juice.

Cook extremely flavored vegetables, such as onions, turnips, cabbage, kale, cauliflower and Brussel sprouts uncovered in boiling salted water, using 1 teaspoon of salt to 1 quart of water.

Cook highly colored vegetables same, except beets, which may be covered during cooking.

Cook rapidly until tender when pricked with a fork.

This method prevents discoloration of colored vegetables and prevents strong flavor in others.

Use any necessarily discarded juice in soups and gravies.

Young vegetables cook more quickly than old vegetables. Young or green leafy vegetables cook in from 20 to 30 minutes. Root vegetables or older vegetables 30 minutes to 1 hour.

Do not soak vegetables unless necessary to freshen before cooking.

Cook greens in own juice, no water except what clings from washing. Turn greens often until enough juice is drawn out to cook well.

For the retention of nutritive value cook root vegetables in jackets wherever possible. Scrape instead of peeling and if peeling is necessary, peel very thinly.

Cook in large pieces even though it is to be cut afterwards.

Avoid overcooking vegetables; use the uncooked vegetable whenever possible. For infants under two years of age all vegetables should be rubbed through sieve.

Corn on the cob may be given to children over three years of age providing each grain is cut by running a knife down the center of each row of grains.

Give your children Butternut Health Bread

Every child should have one or two vegetables every day. If fresh vegetables cannot always be obtained a good brand of canned may be used with safety if well heated first.

ASPARAGUS

Wash and cut off lower part of stalks as far down as they will snap. Cook in boiling salted water until tender, leaving the tips out of water the first ten minutes. Drain and season with butter. Or cut in inch pieces, cooking ends first and adding the tips last five minutes.

CREAMED ASPARAGUS

4 cups cooked asparagus 1 pint white sauce

LIMA BEANS

Soak one cup lima beans over night. Drain and cook in small amount of boiling salted water until soft. Season with butter.

STRING BEANS

Remove strings and break in one inch pieces. Wash and cook in boiling salted water 45 minutes to one hour. Drain and season with butter. Meatbone, salt pork or bacon give good flavor to beans.

CREAMED STRING BEANS

4 cups string beans (cooked), 1 pint white sauce.

BEETS

Wash and cook in boiling water until tender. Drain, put in cold water and remove the skins. Quarter and season with butter.

BRUSSELS SPROUTS

Remove wilted leaves and soak in cold water fifteen minutes. Cook in boiling salted water until tender. Drain and season with butter.

BRUSSELS SPROUTS AND CELERY

Cook 2 cups of celery cut in small pieces. Cook Brussels sprouts until tender and place layers of sprouts and celery and cream sauce and seasoning in well buttered baking dish. Sprinkle top with bread crumbs and bake about 25 to 30 minutes.

SCALLOPED BRUSSELS SPROUTS

Put 4 cups boiled Brussels sprouts in an oiled baking dish, sprinkle with salt, add 1 pint white sauce. Cover with buttered bread crumbs and bake until browned.

CABBAGE

Remove outside leaves, shred and cook in salted water for twenty minutes. Drain and season with butter.

BAKED CABBAGE

One-half head of cabbage, put through a grinder. Cook until tender in boiling water. Drain, make sauce of 3 tablespoons butter and 3 of flour, add one pint of milk and 1 teaspoon salt. Add to cabbage. Bake 20 minutes in moderate oven.

SCALLOPED CABBAGE

Put four cups boiled cabbage in an oiled baking dish. Add 1 pint white sauce. Cover with buttered bread crumbs and bake until browned.

CARROTS

Wash and scrape carrots. Cook until tender in small amount of boiling salted water. Season with butter. Either dice or slice carrots for older children, but press them through wire sieve for younger.

CARROTS AND PEAS

Cut carrots into dice, add salt, pepper, little sugar and lump of butter and some water. When half cooked add peas, and thicken with a little flour. Cook about $\frac{3}{4}$ of an hour longer.

Give your children Butternut Health Bread

CREAMED CARROTS

4 cups boiled carrots, 1 pint white sauce.

CAULIFLOWER

Remove leaves, cut off stalk and soak thirty minutes in cold salted water (head down). Cook, head up, or broken in flowerets in boiling salted water until tender. Drain and butter.

CREAMED CAULIFLOWER

4 cups boiled cauliflower, 1 pint white sauce. Juice of one lemon may be added.

CELERY

Wash, scrape and cut stalks in one inch pieces. Cook until tender in boiling water. Drain and season with butter.

BAKED CELERY

Boil celery in salted water until tender. Add cream sauce. Place in baking dish, sprinkle with bread crumbs and brown in oven.

BOILED LETTUCE

Wash lettuce carefully and remove thick stalks. Cook in boiling salted water ten to fifteen minutes. Drain, chop lightly, or push through sieve for babies. Add butter or cream sauce.

ONIONS

Remove skins from onions while under cold water. Cover with boiling salted water and boil five minutes. Drain and again cover with boiling salted water. Cook until tender. Drain and season with butter.

SCALLOPED ONIONS

Cut 8 onions in quarter. Put in an oiled baking dish and add 1 pint white sauce. Cover with buttered crumbs and bake until nicely browned.

PEAS

Cook shelled peas in small amount of boiling salted water until tender. Season with butter.

CREAMED PEAS

4 cups cooked peas, 1 pint white sauce.

SPINACH

Wash carefully in running water two or three times. The water that clings to the leaves is sufficient for cooking. Add salt and boil ten to twenty minutes. Season with butter and serve. A slice of bacon may be cooked with the spinach if desired.

SPINACH RING

Two full cups cleaned spinach boiled and mashed through a sieve, 2 egg yolks, $\frac{3}{4}$ cup grated bread crumbs, butter ball, salt, pepper, chopped parsley. Add beaten whites. Bake in ring form that has been buttered and sprinkled with parsley, put in pan with boiling water and bake 30 minutes (moderate oven). Serve with poulette sauce of mushrooms or hard boiled eggs.

SQUASH

Wash squash, cut in pieces, remove seeds and stringy parts and pare. Cook in very small amount of boiling salted water or steam until tender. Mash and season with butter.

BAKED SQUASH

Prepare as above, cutting into 3-inch pieces. but do not pare. Bake in moderate oven until soft.

BAKED TOMATOES

Wipe and remove a half-inch slice from the stem end of the tomatoes. Make a small opening in the centre of each tomato and fill with meat, celery, onion or any left-over vegetable. Sprinkle with bread crumbs and bake until tender.

Give your children Butternut Health Bread

TOMATOES

Wipe, skin and cut tomatoes in pieces. Cook slowly until tender. Season with butter and salt.

SCALLOPED TOMATOES

Put a layer of bread crumbs in the bottom of an oiled baking dish. Add a layer of cooked salted tomatoes. Repeat until dish is full, having the crumbs on top. Bake until browned.

TURNIPS

Wash, pare, and quarter turnips. Cook until soft in very small amount of boiling salted water. Drain and butter or mash and season.

CREAMED TURNIPS

Four cups cooked turnips, 1 pint white sauce.

POTATOES

ESCALLOPED POTATOES

Slice potatoes thin. Put in dish in layers, and on each layer put pepper, salt and bits of butter. Beat 1 egg in a cup of milk. Pour over potatoes. Bake until soft.

POTATOES BAKED IN THE HALF SHELL

Cut off top of baked potato and scoop out inside. Mash and season well as for mashed potatoes and add the well-beaten white of egg. Fill the skins with the mixture, heaping it lightly on top; brush over with milk or slightly beaten white of egg and brown slightly.

STUFFED POTATOES

Bake potatoes in a hot oven. When done cut in two and remove soft part with spoon. Mash thoroughly, add salt, pepper, a little butter, and enough milk to moisten. Beat well, put back in shell and brown in oven.

BAKED POTATOES

Select smooth, uniform sized potatoes. Wash thoroughly, using a vegetable brush, and place in dripping pan. Bake in hot oven 40 to 60 minutes or until soft; remove from oven and serve at once. If allowed to stand, unless the skin is ruptured for escape of steam, they become soggy. Properly baked potatoes are more easily digested than potatoes cooked in any other way.

Give your children Butternut Health Bread

MEATS

Milk, vegetables and cereals are more necessary than meat, and should be provided first.

Meats should be used only once a day and not every day. Substitute eggs, fish, liver, chicken, or sweetbreads.

Cuts of meat such as neck, flank, rump, and chuck are cheap and have as much food value as other cuts of meat. Heart, liver, sweetbreads and kidney have exceptionally high food value.

CHIPPED BEEF IN WHITE OR BROWN SAUCE

Chip dried beef very fine. If it is very dry or salty pour boiling water over it, let it stand five minutes and press it dry in a strainer. Prepare white sauce or brown sauce, omitting salt, and pour over beef. Stir well and serve. Half a pound of beef is sufficient for one cup brown or white sauce.

DRIED BEEF WITH EGG

One pound thinly shaved dried beef, 3 eggs, $\frac{1}{2}$ cup milk or water, 1 tablespoon of butter. Tear beef into small pieces, pour boiling water over it, allowing it to remain a moment, then drain; place in sauce pan with luke warm water to simmer about 10 minutes. If the water has not evaporated pour most of it off, add milk and butter and eggs unbeaten. Stir back and forth as you would scramble eggs, season with salt and pepper and serve hot.

CASSEROLE OF RICE AND MEAT

Boil 1 cup rice until tender. Chop fine 3 cups of cold cooked meat, add a little chopped parsley, pinch of salt and pepper, 1 egg, 1 saltspoon celery-salt and 2 tablespoons bread crumbs. Add sufficient soup stock to moisten well. Butter mold, line with rice $\frac{1}{2}$ inch thick, put in meat, then cover with rice. Cover closely and steam for 45 minutes. Serve with brown gravy or tomato sauce.

CHICKEN A LA KING

Boil chicken until tender. When cool, cut in cubes. Melt two tablespoons butter, add two tablespoons flour and mix until smooth.

Add gradually 1 cup liquid in which chicken has been cooked, 1 cup milk, a tablespoon of catsup, salt and pepper. Then add chicken, heat through and serve on toast.

HAMBURG STEAK IN TOMATOES

Scoop tomatoes. Fill with Hamburger steak, or better ground round steak, seasoned with salt, pepper and onion. Add 1 egg and a few bread crumbs. Fill tomatoes with meat, being careful not to pack meat too solidly. Cover with bread crumbs and bake for about half an hour.

FLAME BROILED CHOPS

Wipe chops, remove superfluous fat and place in a hot broiler oiled with mutton fat. Turn as soon as seared. Complete cooking for 12 to 15 minutes at a slightly lowered temperature.

PAN BROILED CHOPS

Same as above, but use a heavy skillet in place of a broiler.

FLAME BROILED STEAK

Wipe with a damp cloth and trim off superfluous fat. Oil the wire rack in the broiler with some of the fat and place meat on the rack. Turn as soon as seared on one side and continue turning every minute until the meat is well seared all over, then turn occasionally until cooked as thoroughly as desired. Steak cut one inch thick will take ten minutes if liked rare; 15 minutes if well done. Remove to hot platter, spread with butter and season with salt and pepper.

PAN BROILED STEAK

Prepare as above. Oil a heavy frying pan with some of the superfluous fat. When this is smoking hot put in the steak. Continue as above.

BROILED LIVER

Cover liver with boiling salted water for five minutes to draw out the blood; drain. Sprinkle with salt. Place on an oiled wire broiler or in a heavy skillet and broil five minutes, turning often. Remove to hot platter, spread with butter and season.

Give your children Butternut Health Bread

LIVER LOAF

Put one-half pound of fresh calves' liver through the meat grinder, using a knife. Add salt and mix with two tablespoons graham flour or one egg yolk. Put into a small pan or casserole containing a tablespoon of melted butter. Bake slowly for 30 to 40 minutes.

LIVER LOAF

Parboil 2 pounds liver and then put through a food chopper. Place in a bowl, add 2 chopped onions and 1 cup fine bread crumbs. Season with salt, paprika and herbs. Mix thoroughly and pack in well greased mould (loaf shaped). Set in large pan containing warm water. Bake for 50 minutes in moderate oven. Serve hot with cold slaw.

LIVER AND SPINACH

Use one-half pound liver; scald, wipe dry, dredge in flour and broil in small amount of bacon fat. When tender remove from fire and put on hot bed of steamed spinach that has been seasoned with salt, pepper and lemon juice. Make thick milk gravy from pan in which liver was cooked and pour over liver and spinach.

TO PREPARE SWEETBREADS

(To Parboil)

Remove from paper as soon as received from market, plunge into cold water and allow to stand one hour. Drain. Place immediately in boiling salted water to cover, allowing one-half tablespoon each of salt and vinegar to a pair of sweetbread. Simmer twenty minutes; again drain and plunge into cold water that they may keep white and firm. Free from membrane fat and veins, and serve as desired.

Sweetbreads are always prepared in this way for subsequent cooking and are spoken of as parboiled.

SWEETBREADS

Parboil and stew in butter, put on dish with toast and asparagus tips. Cover with cream sauce, bread crumbs. Bake in oven.

Give your children Butternut Health Bread

CREAMED SWEETBREADS

 $\frac{1}{2}$ tablespoon butter $\frac{1}{4}$ cup milk $\frac{1}{2}$ tablespoon flour $\frac{1}{3}$ cup sweetbreads

Melt the butter, add flour and pour on gradually the scalded milk. Cook thoroughly and season. Add the parboiled sweetbreads cut in small pieces, reheat and serve on toast and garnish with parsley.

Note—For scalloped sweetbreads put creamed sweetbreads in small baking dish, cover with cracker crumbs and dot with bits of butter; bake until crumbs are a golden brown.

BEEF TONGUE

Boil pickled tongue until tender, skin and slice.

For sauce: 2 tablespoons butter, 2 tablespoons flour. Brown together slightly, add broth of tongue, few slices of lemon, salt and pepper. Put in tongue and simmer 1 hour.

Give your children Butternut Health Bread

FISH

Fish may be substituted for meat and eggs. Give shell fish only when in season.

HALIBUT AND SPINACH

Bake piece of halibut or any white fish with butter and little water, and baste often. A sauce: Make cream sauce, flavored with paprika and 1 tablespoon of fish gravy. Make spinach puree and spread on baking platter and put fish in the sauce; put in oven to heat up thoroughly.

OYSTERS ON TOAST

Parboil only until plump and edges slightly curley 1 pint oysters in their own liquor. Put in pan, 1 tablespoon butter, add 1 tablespoon flour, 1 cup milk, a little salt and pepper. Stir over fire a few minutes and add oysters and liquor. Pour over toast and serve hot.

BAKED SALMON WITH TOMATO SAUCE

Put small trout in a flat roasting pan. Rub all over with lemon juice. Season with salt and pepper. Sprinkle cracker meal over top and put on bits of butter. Pour over one cup of tomatoes and a half cup of water. Bake 20 minutes, basting frequently. Put a little catsup in gravy.

SALMON LOAF

To 1 pint of cooked salmon add 3 beaten eggs, a tablespoon of butter and some cracker crumbs; make into a loaf and steam 1 hour. Cook peas in cream and pour over loaf to serve. A little parsley adds to the flavor if desired.

SALMON ROLL

1 pint boiled fresh salmon	1 raw egg
1 cup bread crumbs	Piece of butter, melted
1 hard cooked egg minced fine	Salt and pepper

Mix this and form loaf. Bake in buttered dish until brown and serve with cream white sauce.

Give your children Butternut Health Bread

ENTREES

BAKED RICE

Boil rice and when done make a sauce of 1 large tablespoon butter and 2 tablespoons canned tomatoes. Pour over rice and put in baking dish. Put the pieces of butter on top and bake until brown.

CASSEROLE OF RICE AND SALMON

Line bottom and sides of a buttered mold with cold boiled rice one-half inch thick. Fill the cavity with creamed salmon and cover with rice. Steam 45 minutes. Turn out on a hot platter. Pour over it either white sauce or tartar sauce. Serve hot.

ONION SOUFFLE

1 ½ cups onion pulp	2 tablespoons parsley
½ cup medium white sauce	½ cup bread crumbs
3 eggs	1 teaspoon salt
Pepper	

Cook the onion in boiling salted water until soft, drain and force through sieve. Add white sauce, parsley and bread crumbs. Beat yolks of eggs until cream colored and add to first mixture. Fold in beaten egg whites. Bake in moderate oven until firm. Serve with beef.

TOMATO CREAM TOAST

1 ½ cups strained tomatoes	3 tablespoons butter
½ cup scalded cream	½ teaspoon salt
¼ teaspoon soda	5 slices toast

Melt butter, add flour and salt, then tomato and soda. Add cream and cook until it thickens. Serve on toast.

SPAGHETTI WITH TOMATOES

Boil spaghetti in salted water for thirty minutes. Drain water off and add canned tomato soup and heat to the boiling point. Serve hot.

Fruit juices may be given as early as six months. This includes the juices of canned fruits and stewed fruits, such as prunes, dates and figs.

Give your children Butternut Health Bread

SALADS

ASPARAGUS SALAD

Arrange cooked asparagus on finely shredded lettuce leaves. Chop finely one hard cooked egg and one tablespoon parsley. Serve with French dressing.

CABBAGE SALAD

Chop cabbage very fine. Add a little bit of onion. Mix well with mayonnaise and arrange on lettuce.

COTTAGE CHEESE SALAD

Make cheese into balls. Roll one in chopped parsley, one in paprika. Serve on lettuce leaves.

EGG SALAD

Cook egg until it is hard; break it open and leave yolk whole; arrange lettuce leaves on a plate, put whole yolk in center and around it place the white, put through seive. Cover with a French dressing.

FRUIT SALAD

Cut in very small pieces 1 can of sliced pineapple, 1 pint of canned peaches, 2 oranges. Mix fruit juices and put 1 cup of juice on stove to heat. Mix with two tablespoons of flour and two of sugar. Add juice of half a lemon and enough water to moisten well. Add to fruit juices and stir until thick. When cool add 1 tablespoon whipped cream. Mix well and pour over fruit.

LONDON SALAD

One cup chopped prunes or Sultana raisins, 1 cup marshmallows. Mix together and serve with French dressing or whipped cream.

Give your children Butternut Health Bread

RAISIN SALAD

1 cup chopped raisins 1 cup chopped peanuts
1 cup chopped celery
Mix with mayonnaise and let stand before serving.

RAW VEGETABLE SALAD

1 cup raw carrots.
 $\frac{1}{4}$ cup raw peanuts or 1 teaspoon peanut butter
 $\frac{1}{2}$ cup raw beets or raw apples
Salad dressing to moisten

The above are finely ground or chopped, all the juice being retained, and the whole moistened with a cooked or mayonnaise dressing. For younger children the peanut butter is preferable. Celery and onions may be added for older children and adults.

Give your children Butternut Health Bread

SANDWICHES

Children enjoy sandwiches. Whole wheat bread is preferable for them. Day old white bread may be used.

BACON TOAST

Crisp bacon between pieces of toast.

CELERY

Celery should be ground or chopped very fine.

EGG SALAD

Mince very fine hard cooked eggs. Season with salt and moisten with mayonnaise. Spread on bread. A leaf of lettuce improves these sandwiches.

HOT HASH

These can be made of soup meat ground, seasoned slightly with salt and pepper, and a little onion, moistened with gravy and served between pieces of toast or bread.

LETTUCE

Plain lettuce sandwiches are good. Either with mayonnaise or without.

LIVER PASTE

Grind well-cooked chicken livers. Add minced hard cooked egg and moisten with a little mayonnaise. Spread on bread for sandwiches.

RAISIN PASTE FOR SANDWICHES

2 cups raisins	1 cup nuts or $\frac{1}{2}$ cup peanut butter
2 tablespoons lemon juice	1 $\frac{1}{2}$ cups orange juice

Wash raisins, dry well and grind. Mix together until smooth paste, press in jelly glass. Will keep a long time.

Give your children Butternut Health Bread

DESSERTS

APPLE FLOAT

Stew rich flavored apples until soft, press through sieve, add one cup sugar and let cool. Beat whites of 2 eggs to stiff froth. Add to apples and beat for 10 minutes or until like snow. Put in glass dish and pour custard made from yolks with 1 pint of milk and enough sugar to sweeten. Flavor with vanilla. Serve cold.

APPLE GRAHAM DESSERT

Crumb graham crackers. Place layer of cracker crumbs in bottom of bowl, then layer of apple sauce. Another layer of each. Let stand several hours. Serve with sauce or cream.

BAVARIAN CREAM

1 pint whipping cream	2 tablespoons granulated gelatin
1 can grated pineapple	$\frac{1}{2}$ cup cold water
$\frac{1}{2}$ cup sugar	

Soak gelatin in cold water. Add the lemon juice, hot pineapple and sugar. If gelatin is not all dissolved heat in top of double boiler. Chill. When the mixture begins to thicken fold in the whipped cream. Mould and chill.

PLAIN BREAD PUDDING

1 cup dry bread	1 egg
1 cup milk	2 tablespoons sugar
1 tablespoon butter	$\frac{1}{2}$ saltspoon salt
$\frac{1}{4}$ cup seeded raisins	

Scald milk and add butter. Beat the egg and add sugar and salt. Pour on gradually the scalding milk. Cut the bread into one-half inch cubes and add with the raisins. Pour into well-buttered pudding dish, put bits of butter on top and bake in a moderate oven until the custard is set. Serve with hard sauce or cream and sugar.

Note:—Do not serve raisins in bowel trouble.

Give your children Butternut Health Bread

CHOCOLATE BREAD PUDDING

$\frac{1}{2}$ cup bread crumbs	1 cup milk
$\frac{1}{2}$ ounce Walter Baker's unsweetened chocolate	
$2\frac{1}{2}$ tablespoons sugar	Speck salt
1 egg	$\frac{1}{4}$ teaspoon vanilla

Soak bread crumbs in milk. Melt chocolate over hot water and add to it the sugar and salt. To the chocolate mixture add the soaked crumbs, the beaten egg and vanilla. Put into buttered custard cups and bake in a moderate oven about twenty minutes, or until custard is set. Serve hot, plain or with hard sauce.

BROWN BETTY

3 cups chopped apples	2 tablespoons butter
2 cups bread crumbs	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup sugar	Juice and rind $\frac{1}{2}$ lemon
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{4}$ cup water

Mix sugar and spices. Put one-half the crumbs in the bottom of a baking dish. Add one-half the apples, butter and seasonings. Repeat. Add water or omit if apples are very juicy. Bake until apples are tender.

BROWN PUDDING

1 egg well beaten	$\frac{1}{2}$ cup boiling water
$\frac{1}{2}$ cup molasses	2 cups sugar
$1\frac{1}{2}$ cups flour	2 tablespoons butter, melted
1 teaspoon soda in tablespoon of hot water.	

Steam in pudding pan.

BROWN SUGAR PUDDING

$1\frac{1}{2}$ cups brown sugar	1 cup water
2 tablespoons cornstarch	

Place in double boiler and cook until thick. Pour into molds and when cold serve with whipped cream with chopped dates in it.

PLAIN JUNKET

$\frac{1}{2}$ junket tablet	1 pint milk
Flavoring	

Dissolve tablet and add milk. Heat until luke warm. Pour into molds and let stand until firm. Keep on ice.

Give your children Butternut Health Bread

CARMEL JUNKET

- | | |
|-----------------------|--------------------|
| 2 cups milk | Few grains salt |
| 1/3 cup sugar | 1 teaspoon vanilla |
| 1/3 cup boiling water | 1 tablet junket |

Carmelize sugar, add boiling water and remelt any hardened sugar. Cool and add lukewarm milk. Add powdered junket tablet, salt and vanilla. Turn into mould, let stand in a warm place until set, then chill. Served with whipped cream and chopped nuts gives more flavor.

COCOA JUNKET

- | | |
|-----------------------------|-----------------------|
| 1 tablespoon cocoa | 1 cup milk |
| 2 teaspoons sugar | 1/4 junket tablet |
| 2 tablespoons boiling water | 1 teaspoon cold water |
| 3 drops vanilla | |

Rub cocoa, sugar and boiling water to a smooth paste and bring to a boiling point. Add gradually cool milk, and heat until luke warm. Add vanilla and tablet dissolved in cold water. Place in molds and keep in warm room until jellied.

CHOCOLATE CREAM

- | | |
|---------------------------|-------------------------|
| 2 cups scalded milk | 1/3 cup cold milk |
| 5 tablespoons corn starch | 1 1/2 square chocolate |
| 1/2 cup sugar | 3 tablespoons hot water |
| 3 egg whites | |

Mix all dry ingredients, dilute with cold milk and add to scalded milk. Cook in double boiler until thickened. Stir constantly. Add melted chocolate to which hot water has been added. Add stiffly beaten whites of eggs and vanilla. Mould and chill.

CHOCOLATE SOUFFLE

- | | |
|-------------------------|--------------------------------|
| 2 tablespoons butter | 2 tablespoons flour |
| 2/3 cup milk | 1 1/2 squares melted chocolate |
| 2 tablespoons hot water | 1/3 cups sugar |
| 3 eggs | 1 teaspoon vanilla |

Melt butter, add flour and milk and heat to boiling point. Add melted chocolate, water and sugar and stir until smooth. Add egg yolks beaten well, let cool, then fold in stiffly beaten whites. Add vanilla. Bake 25 minutes.

Give your children Butternut Health Bread

CORNSTARCH PUDDING

4 cups scalded milk	3 egg whites
$\frac{1}{2}$ cup corn starch	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar --	$\frac{1}{2}$ cup cold milk
1 teaspoon vanilla	

Mix the dry ingredients, dilute with cold milk and add to scalded milk. Cook in double boiler until thickened. Stir constantly. Add stiffly beaten whites of eggs, mould and chill.

DATE SPONGE

$\frac{1}{3}$ cup sugar	1 tablespoon butter
$\frac{1}{3}$ cup flour	1 cup dates, chopped
$1\frac{1}{2}$ cups hot milk	1 teaspoon vanilla
3 egg yolks	3 egg whites

Mix flour and sugar. Add hot milk slowly, stirring constantly until smooth thick paste. Cook in double boiler ten minutes. Add beaten yolks, dates, vanilla; then fold in stiffly beaten whites. Pour in well buttered baking pan, set in pan of hot water and bake in moderate oven about 30 minutes. Serve hot with tart lemon sauce.

LEMON SAUCE

Mix 1 cup sugar with 2 tablespoons corn starch. Add gradually 2 cups of hot water and cook ten minutes. Add juice and grated rind of one lemon and two tablespoons of butter. Serve hot.

FRUIT WHIP

(Two Servings)

Any fruit, fresh, canned or dried (properly prepared), or jellies may be used.

2 to 4 tablespoons fruit pulp	White 1 egg
Lemon juice	
2 tablespoons powdered sugar (or to taste)	

Prepare the fruit pulp by scraping, grating or rubbing through a strainer. Beat the white of egg on platter until stiff. Add pulp, sugar and lemon juice to taste, and beat until very stiff. Heap in center of serving dish and pour soft custard around it.

Note:—The apple is a favorite fruit for these whips. The juice of fresh fruits in season used with the raw white of egg makes an appetizing as well as a very nutritious lunch.

Give your children Butternut Health Bread

GRAPE FLUFF

$\frac{1}{4}$ box shredded gelatin or 1 tablespoon granulated gelatin
 $\frac{1}{4}$ cup cold water Juice 1 lemon
 $\frac{3}{4}$ cup sugar 1 cup Welch's Grape Juice

Soften the gelatin in cold water and dissolve by standing the dish in hot water. Dissolve the sugar in the fruit juice, and strain the gelatin into it. Set in ice and water, and stir occasionally until the mixture begins to thicken, then add gradually the well-beaten whites of eggs, and beat until the whole is very light and stiff enough to hold its shape. Pile lightly in glass serving dish or mold, and serve with whipped cream or soft custard.

GELATINE PRUNE DESSERT

$\frac{1}{2}$ pound prunes, ground $1\frac{1}{2}$ cups sugar
Little water

Cook these together and cool. Dissolve 1 package of gelatin in $\frac{1}{2}$ cup cold water. Add 1 cup boiling water and $\frac{1}{2}$ cup sugar. For older children add 1 cup of ground walnuts. Mix the gelatin with prunes, mold and serve with custard.

EMERGENCY DESSERT

Use either Graham or oatmeal crackers, 2 crackers with marshmallow between. Put in hot oven. After they are in oven a few minutes push down top cracker and serve either hot or cold.

LEMON SOUFFLE

(Individual Rule)

Yolk 1 egg $\frac{1}{4}$ cup sugar
Juice $\frac{1}{4}$ lemon White 1 egg
Thoroughly beat yolk, add sugar slowly, beating constantly;

add lemon juice. Fold in the white beaten until dry. Pour into buttered custard cups, set in pan of hot water and bake twenty minutes or until firm, testing by pressing with finger. Serve plain or with foamy sauce.

Give your children Butternut Health Bread

MILK RICE WITH FRUIT

1 ounce rice	1 tablespoon sugar
1 pint boiling milk	Jelly or fruit as desired
$\frac{1}{2}$ orange	2 egg whites
$\frac{1}{2}$ teaspoon pulverized sugar	

Wash the rice and pour it into 1 pint of boiling whole milk; cover and cook slowly in a double boiler until soft. Then add the orange and sugar and stir well. Place in a flat porcelain dish some stiff jelly, or, better, fresh fruit (pears, apples, oranges, or sliced pineapple). Pour the rice over the fruit, then the well-whipped whites of 2 eggs. Sprinkle it over with pulverized sugar and set it in a moderately hot oven until it is a delicate brown.

PEACH MERINGUE

1 cup yellow peaches	Bread crumbs
Sugar to taste	White of 1 egg
Yolk 1 egg	1 tablespoon powdered sugar

Stew peaches in a very little water, sweeten to taste and stir in the well-beaten yolk. Butter a pudding dish and cover bottom with fine bread crumbs; put in the peaches and bake fifteen minutes. Cover with meringue made of white of egg and the powdered sugar, brown slightly in the oven. Serve cold.

PINEAPPLE DESSERT

Pour 1 can of shredded or diced pineapple over $\frac{1}{2}$ pound of marshmallows. Stand over night in a cool place.

PRUNE PUDDING

1 cup graham flour	1 teaspoon allspice
$\frac{1}{2}$ cup molasses	1 cup milk
1 teaspoon baking powder	1 teaspoon soda
1 teaspoon cinnamon	Pinch of salt
1 teaspoon cloves	
1 cup uncooked prunes cut in small pieces	

Steam three hours in baking powder cans. Makes three cans.

Give your children Butternut Health Bread

PRUNE WHIP

Twenty prunes. boiled; when cold remove pits and chop very fine with a few blanched almonds. Beat three eggs to a froth and mix thoroughly with the prunes. Bake 20 minutes in a slow oven. Sweeten with a little sugar.

SNOWS

Whites of 3 eggs	Sugar
$\frac{3}{4}$ cup fruit pulp	

Beat the egg whites until stiff. Add the hot sweetened fruit pulp and continue beating until thoroughly mixed. Pile lightly on a dish and chill. Apple, peach, apricot or prune pulp make good snows.

APPLE TAPIOCA

$\frac{1}{4}$ cup Minute tapioca	1 pint boiling water
1 tablespoon sugar	3 tart apples
Speck salt	Sugar, nutmeg

Mix tapioca, sugar and salt, pour on slowly the boiling water, and cook in double boiler fifteen minutes. Pour this on to the apples, which have been pared and cored and the holes filled with sugar and a little nutmeg. Cover the dish and bake one-half hour. Serve with cream and sugar.

CHOCOLATE OR COCOA BLANC MANGE

$\frac{1}{4}$ cup Minute tapioca	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon vanilla
$1\frac{1}{2}$ cups hot chocolate or cocoa	

Mix tapioca, sugar and salt; pour on gradually the hot cocoa and cook in double boiler about twenty minutes. Remove from heat, add vanilla and pour into cold wet molds. Serve cold, plain or with whipped cream or soft custard.

DATE TAPIOCA

$1\frac{1}{2}$ tablespoons Minute tapioca	1 cup scalded milk
1 tablespoon sugar	1 egg
$\frac{1}{2}$ saltspoon salt	$\frac{1}{4}$ cup chopped dates

Give your children Butternut Health Bread

Mix tapioca, sugar and salt; add gradually the hot milk and cook in double boiler fifteen minutes. Add the beaten egg yolk and cook three minutes longer. Stir in the dates. Make a meringue of the white of egg, heap it on top and brown delicately in the oven.

Plain pure ice cream, such as milk sherbets and ices, may be given, beginning with very small amounts and increasing gradually to children after they are two years old.

PINEAPPLE TAPIOCA

$\frac{1}{4}$ cup Minute tapioca	Speck salt
$\frac{1}{4}$ cup sugar	$1\frac{1}{2}$ cups boiling water
1 cup canned grated pineapple	

Mix tapioca, sugar and salt, pour on slowly the boiling water and cook in double boiler until clear, about fifteen minutes. Pour over the grated pineapple and decorate the top of the pudding with currant jelly.

TAPIOCA CREAM

$1\frac{1}{2}$ tablespoons Minute tapioca	1 cup scalded milk
3 tablespoons sugar	1 egg
$\frac{1}{2}$ saltspoon salt	Flavoring

Scald milk in double boiler. Mix tapioca, sugar and salt; add slowly to the scalding milk, return to double boiler and cook fifteen minutes. Add the yolk and white of the egg, beaten separately. Remove from fire, and add any flavoring desired. Serve plain or with any fresh fruit in season.

WHIPS

$\frac{1}{3}$ pound prunes	1 cup sugar
5 egg whites	$\frac{1}{2}$ tablespoon lemon juice

Wash prunes. Soak over night and cook until soft. Remove stones and rub through seive. Add sugar and cook five minutes. Beat egg whites stiff, add cooled prune pulp and lemon. Pile lightly in a buttered baking dish and bake in a slow oven twenty minutes.

Give your children Butternut Health Bread

CUSTARDS

GENERAL METHOD

Scald the milk. While scalding, beat the egg. Add the sugar to it. Mix well. Add the scalded milk slowly, stirring all the time. Pour into a baking dish, put it into a pan of hot water, and bake until the custard is firm. Test by inserting point of knife in center. If knife blade is clean upon withdrawal the custard is thoroughly cooked.

PLAIN CUSTARD

$\frac{1}{2}$ cupful milk
1 yolk of egg, or from $\frac{1}{2}$ to 1 egg
1 tablespoon sugar
 $\frac{1}{4}$ teaspoon vanilla, or grating of nutmeg
Cooked by general method given above.

BAKED CUSTARD

1 egg
1 $\frac{1}{2}$ tablespoons sugar
 $\frac{2}{3}$ cup scalded milk
Nutmeg or cinnamon to flavor
Small pinch of salt

Beat the egg slightly, add the sugar and salt. Add hot milk gradually, and pour into small buttered molds. Sprinkle with nutmeg, set in a pan of hot water, and bake in a slow oven until firm. Remove from mold for serving.

CHOCOLATE CUSTARD

$\frac{1}{2}$ cup milk	1 tablespoon sugar
1 yolk of egg	1 tablespoon scraped chocolate

Melt the chocolate over hot water. Dilute with scalded milk until of the consistency to pour. Add the chocolate to the egg, and finish according to the general directions given above.

Give your children Butternut Health Bread

PEACH CUSTARD

1 quart canned peaches	2 cups sweet milk
4 eggs well beaten	1 cup flour
1 teaspoon baking powder	1 cup sugar
1 tablespoon melted butter	Pinch of butter

Line baking dish with the peaches, and add the other ingredients to the juice, beat hard for four minutes and pour over peaches. Bake slowly until firm.

BEVERAGES

COCOA

2 tablespoons sugar 2 cups milk
2 cups boiling water 2 tablespoons cocoa

Scald the milk; mix $\frac{1}{2}$ cup boiling water with the cocoa, sugar and salt. Mix it into a paste, then add rest of the water and boil 20 minutes. Add the hot milk and cook one hour in double boiler. A little cream and vanilla may be added if desired.

COCOA PASTE

Mix 2 cups cocoa and 3 cups sugar, add 3 cups hot water and stir to a smooth paste. Place mixture in top of double boiler and cook over boiling water for two hours. Keep paste in cool place and use as needed.

To use paste, heat one cup of milk in double boiler and stir into it one tablespoon of the paste.

EGG LEMONADE

Grate over the sugar the peel of $\frac{1}{4}$ lemon. Add the strained juice of $\frac{1}{2}$ lemon. Beat 1 egg, add sweetened lemon juice and $\frac{3}{4}$ glass of cold water. Beat whole vigorously for a few seconds.

GRAPE JUICE

Five pounds Concord Grapes 1 pound sugar
1 quart water

Pick and wash grapes, then place in kettle, covering with the water. Allow to boil until seeds begin to free. Strain while hot through bag and squeeze when cool enough. Allow to come to a boil and skim. Boil again and add sugar (more or less according to desired sweetness). Boil again and fill bottles. Cork at once, pressing lightly on cork until bottles are a little cooler. Then press cork firmer. Finally cover cork with melted paraffine.

Give your children Butternut Health Bread

LEMONADE

1 cup sugar
1 pint water

$\frac{1}{2}$ cup lemon juice

Make syrup by boiling sugar and water twelve minutes; add fruit juice, cook and dilute with water to suit taste.

ORANGEADE

Make syrup as for lemonade. Sweeten orange juice with syrup and dilute.

WHOLESOME DRINK

One heaping tablespoon of any kind of jam to one pint of boiling water. Cover and let stand. Serve cold.

Give your children Butternut Health Bread

COOKIES

ANISE SEED COOKIES

Three eggs, beaten with egg beater 5 minutes; add 1 cup of granulated sugar and beat 10 minutes; add $1\frac{1}{2}$ cups flour and anise seed to flavor. Beat again 10 minutes. Drop by teaspoonful on buttered pan far enough apart so cookies do not touch and let stand over night. Bake in moderate oven.

CHOCOLATE COOKIES

$\frac{1}{2}$ cup butter	2 squares bitter chocolate
1 cup sugar	$2\frac{1}{2}$ cups flour (scant)
1 egg	2 teaspoons baking powder
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup milk

Cream the butter, add sugar gradually, egg well beaten, salt and melted chocolate. Beat well, and add flour mixed and sifted with baking powder, alternately with milk. Chill, roll very thin, then shape with small cutter, first dipped in flour. Bake in moderate oven.

DATE EGGLESS

$\frac{2}{3}$ cup butter and lard	$\frac{2}{3}$ cup milk
1 cup sugar	2 teaspoons baking powder
Little nutmeg, cinnamon, salt	1 cup chopped nuts
1 pound chopped dates	Enough flour to roll

Nuts may be left out for small children.

DATE OATMEAL COOKIES

3 cups steel cut oatmeal	1 cup sugar
2 cups flour	1 cup shortening
$\frac{1}{4}$ teaspoon soda in $\frac{1}{2}$ cup hot water	

Enough flour to roll.

Roll very thin and bake until crisp.

FILLING

Remove seeds and chop dates very fine. Mix with sugar and water and cook until a thick paste. Place in a jar to cool. Bake cookies first and then spread filling on one, placing another cookie on top.

Give your children Butternut Health Bread

DROP COOKIES

$\frac{1}{2}$ cup butter
 1 cup sugar
 1 egg
 $\frac{1}{2}$ cup cream

$2\frac{1}{2}$ cups flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon lemon extract
 Pinch salt

Drop from teaspoon on buttered pan about one inch apart. This makes about seven dozen.

One-half cup chopped raisins may be added or a current pressed in the top of each cookie before baking.

GRAPE NUT COOKIES

1 cup sugar
 $\frac{1}{2}$ cup butter
 1 egg
 3 tablespoons sour milk
 1 teaspoon soda

1 tablespoon hot water
 1 cup grape nuts
 $\frac{1}{2}$ teaspoon nutmeg
 3 cups flour
 Roll very thin and cut.

HERMITS

1 cup butter
 3 eggs
 2 cups chopped raisins

$1\frac{1}{2}$ cups brown sugar
 1 level tablespoon soda in
 2 tablespoons milk

Flour to roll, cut out and bake.

HONEY COOKIES

1 cup sugar
 4 eggs
 6 tablespoons chocolate
 1 teaspoon cinnamon
 3 teaspoons baking powder

$\frac{1}{2}$ teaspoon nutmeg
 1 teaspoon cloves
 1 cup milk
 1 cup honey

About $\frac{1}{2}$ cup nuts and raisins together.

Beat egg yolks, add sugar. Add melted chocolate, then spices and honey. Lastly milk and flour sifted with baking powder. Mix well, then fold in beaten egg whites. Bake in two large sheets about $\frac{1}{2}$ inch thick. Spread plain white frosting on top when cool and cut.

Give your children Butternut Health Bread

ICE BOX COOKIES

- | | |
|--|-----------------------|
| 1/2 cup white sugar | 1 cup butter |
| 1/2 cup brown sugar | 1/2 teaspoon cinnamon |
| 1/2 teaspoon soda | Pinch of salt |
| 1 egg, unbeaten | |
| 1/2 cup blanched almonds, chopped fine or ground | |
| 2 1/2 cups flour or enough to make dough stiff enough to roll. | |

Knead with hands and pat into a roll about as big around as a water glass. Let stand over night, slice into thin slices and bake.

JELLY COOKIES

- | | |
|------------------|---------------------|
| 1 cup butter | 1/2 teaspoon soda |
| 2 eggs | 2 teaspoons vanilla |
| 1 1/2 cups sugar | 6 teaspoons water |

Add enough flour to make stiff dough. Roll out as thin as paper. Cut and bake. When done spread with jelly.

OATMEAL COOKIES

- | | |
|--------------------|------------------------|
| 1 cup brown sugar | 1/2 teaspoon salt |
| 1/2 cup butter | 2 1/2 cups flour |
| 1/2 cup shortening | Level teaspoon soda |
| 2/3 cup warm water | 2 1/2 cups rolled oats |

Stir into bowl and leave until morning. Divide mixture into two parts and roll thin. Make a date paste by cooking 1 pound of dates with 1 cup sugar and a little water. Soaking the dates over night makes them cook quickly. Cool the date paste and spread between two cookies before baking. These cookies are nice cut in a variety of shapes.

PEANUT COOKIES

- | | |
|---|---------------------|
| 1 1/2 cups sugar | 2 eggs |
| 1/2 cup butter | 4 tablespoons water |
| 2 teaspoons baking powder | |
| 1 quart peanuts shelled and rolled to a fine paste. | |
| Enough flour to roll. | |

Roll thin and cut with fancy cookie cutter.

Give your children Butternut Health Bread

ROMAN SUGAR COOKIES

2 cups brown sugar	1 level teaspoon soda
$\frac{1}{2}$ cup butter	1 level teaspoon cream of tartar
2 eggs	Enough flour to roll.

Let stand until morning, cut into thin slices and bake.

RAISIN COOKIES

1 cup sugar	1 egg well beaten
$\frac{1}{2}$ cup shortening	3 $\frac{1}{2}$ cups flour
3 teaspoons baking powder	

Roll very thin and cut with round cutter. Spread on following filling:

$\frac{3}{4}$ cup sugar	1 cup boiling water
1 tablespoon flour	1 cup chopped raisins

Cook until thick, then cool. Spread between two cookies, press edges together and bake.

SOUR MILK SUGAR COOKIES

1 cup shortening	$\frac{1}{2}$ teaspoon nutmeg
2 cups sugar	1 teaspoon soda
1 cup sour milk	1 teaspoon baking powder
2 eggs	
Flour enough to make stiff dough	

Roll out and cut with large cookie cutter. Sprinkle sugar on top and bake.

SOUR CREAM DROP COOKIES

1 egg	2 $\frac{1}{2}$ cups flour
1 cup sugar	1 teaspoon soda
1 cup sour cream	$\frac{1}{4}$ teaspoon salt
1 teaspoon lemon extract	

Drop from teaspoon on buttered pan. Bake in moderate oven.

Give your children Butternut Health Bread

ADDITIONAL RECIPES

ADDITIONAL RECIPES

ADDITIONAL RECIPES

ADDITIONAL RECIPES

ADDITIONAL RECIPES

ADDITIONAL RECIPES

GOOD *for* CHILDREN

is clear, delicious Mapleine Syrup — just add one teaspoon Mapleine to four cups granulated sugar dissolved in two cups boiling water, and you have one quart. Very economical and very good.



And Mapleine imparts delicious taste and pleasing color to cake frostings, fillings, pudding sauces, desserts, etc. A pure vegetable flavoring.

MAPLEINE—FOR SYRUP
—FOR FLAVORING

Appetizing and Nourishing

are the light, flaky biscuits, the breads, or dainty cakes, baked with Crescent. With this powder, baking may be done immediately after mixing, or hours later — a great convenience to busy mothers. A good raise, and sweet, wholesome food is certain. Ask your grocer for

**CRESCENT BAKING
POWDER**



Crescent Manufacturing Co., Seattle, Wash.

STONE-BUHR

BRAND

HEALTHFUL



DELICIOUS

KIDDIES LIKE

CRACKED WHEAT

Most **Healthful** and **Delicious** Breakfast Food Made.

Contains all the mineral elements nature provides, for growing children—because it is the “Pure Product of the Grain.”

WHOLE WHEAT FLOUR

By our Stone-Buhr process of milling, the whole wheat and graham flour and corn meal are unbolted.

All Authorities Recommend It

At YOUR GROCER or

STONE-BUHR MILLING CO.

PHONE MELROSE 0649

*Don't merely say Cottage Cheese,
Tell your dealer "Red Rock," please.*



You'll like Red Rock

RED ROCK CREAMERY

Elliott 1086

Sales Office: 1143 Henry Bldg., Seattle

DON'T WAIT!

Let Us

PHOTOGRAPH YOUR CHILDREN
As They Are Today!

Appointment, Phone Main 0879

"KIDDYGRAPH"
Only Child Studio in the Northwest

1404 SECOND AVENUE - SEATTLE

Prices \$5.00 per dozen and up

Schwabacher Bros. & Co.

(Incorporated)

Seattle's Oldest Business House

Wholesale Grocers
Manufacturers, Importers
and Coffee Roasters

DISTRIBUTORS OF

Happy Home Brand Highest
Grade Food Products

Gold Shield Vacuum Packed
Coffee

Gold Shield Orange Pekoe
Black Tea

"No Box" Art Chocolates

*These well known brands are
sold by all best dealers.*

Make your little girl happy
with an.

Add a Pearl Necklace

The family and friends will
keep it growing

You may start as low as \$5.00 and by
adding a Pearl now and then will have
a complete *Genuine Pearl Necklace* when
baby is a debutante.

L. W. SUTER

Jeweler and Silversmith

1115 SECOND AVE.

TRUSTS
ESCROWS
INVESTMENTS
MORTGAGE LOANS
SAFE DEPOSIT
BOXES

Seattle
Title Trust
Company

114 Columbia Street
Main 2560

Doctors—

recommend

Seattle

ICE CREAM

"Your Surety of Purity"
For Children

PRODUCED BY
THE SEATTLE ICE CREAM
COMPANY

“PASTEURIZED MILK *for* INFANTS”

*From United States Dept. of Agriculture Bulletin No. 342,
Pages 23 and 24.*

PASTEURIZED MILK FOR INFANTS.

“A rational view must be taken of the use of pasteurized milk. Shall the protection against infection, which is made available by the proper pasteurization of milk, be discarded because of its deficient antiscorbutic property, or shall its protection be accepted and the deficiency in vitamin C be made up by feeding orange juice or other antiscorbutics?

Perhaps the feeding of infants calls for even further thought than is generally given. As Eddy (14) in his recent book points out, there are two points to be kept in mind in infant nutrition. The first is that the vitamin content of cow's or human milk is dependent primarily on the food eaten by the producer of the milk. In other words, milk is merely a mobilization of vitamins eaten, and if the diet is to yield a milk rich in vitamins the food eaten must also be rich. He further points out the fact that cereals are poor in vitamins and green grasses rich in them, and that this brings up the question of winter feeding if the milk supply is used for infants, and he suggests that the variability in vitamins A and B in milk may at times make it necessary to supplement the diet.

The second point brought out by Eddy expresses what appears to be the most reasonable attitude toward the use of pasteurized milk for infant feeding according to our present knowledge of vitamins, and it is therefore quoted:

The second point in regard to milk lies in the effect of pasteurization. This measure is now well-nigh universal and in America at least has played a tremendous part in the reduction of infant mortality, especially in the summer months. At present, however, we know that this treatment while removing dangerous germs may also eliminate the antiscorbutic factor. The sensible attitude then is to recognize this fact and if a clean whole milk is not available retain the pasteurization and meet the vitamin deficiency by other agents. Such agents are orange juice and tomato juice, and experience has already shown that these juices can be well tolerated by infants much earlier than used to be thought possible.

It seems, therefore, that the only serious effect of pasteurization on the vitamins is on the antiscorbutic vitamin C, and it is evident that the feeding of orange or tomato juice, or other antiscorbutic, readily makes up for the deficiency of this vitamin in pasteurized milk.”

TILE - TERRAZZO

MARBLE PASTRY SLABS

\$3.00 and Up

Robinson Tile & Supply Co.

*Visit Our Show Rooms
Get Prices and Suggestions*

219 MARION ST., SEATTLE
ELLIOT 4491

FLEISCHMANN'S YEAST

"IT'S A FOOD"

Prescribed by physicians and used in hospitals everywhere

*Prevents Constipation
Promotes Growth in Children
Helps to Make Them Healthy and Happy*

Some Like It Better Than Candy

Ask for Free Booklets

PHONE ELL. 4150

314 BELL ST., SEATTLE, WASH.

Have a Sundae at Home Use CHO-CHO



Make them a real chocolate sundae at home, with CHO-CHO, the liquid malted milk chocolate. Mix CHO-CHO with the children's daily milk by stirring a teaspoonful or two into a glass — either bottle milk or rich Carnation (diluted with two parts water). CHO-CHO brings the chocolate-malt flavor all children crave and its rich, valuable food elements make for health and body building. It brings every youngster back begging for more. Thousands of mothers are using CHO-CHO because it makes children drink with eagerness the milk their health requires. Buy CHO-CHO from your grocer. If he cannot supply you with a recipe folder, write to the Carnation Milk Products Co., 1060 Stuart Building, Seattle.

Carnation Milk is Always Safe

"From Contented Cows"



A quart of whole milk.

The water that came out of it.

Here's the milk hermetically sealed and sterilized.

Carnation Milk as it comes from the can.

Put back this water and you have—

A quart of milk—Carnation, absolutely pure and safe.

Eckart Plumbing & Heating Co.

WESTLAKE, NEAR HARRISON
SEATTLE, WASH.



Eliot 1518

NOTHING TOO LARGE OR TOO SMALL FOR US TO HANDLE

After giving your Children a

KIDDY KOOKERY DINNER

give them a ride in a

FORD KOUPE

WEE COYLE MOTOR CO.

1102 E. 45th



Books - Kodaks

Stationery

Radio Electrical Supplies

A Few Suggestions: Kodaks,
Albums, Birth Announcements,
Cook Books, Recipe
Files, Household Economizers.

Archway Bookstore

Frank B. Wilson

Corner 3rd Ave. & Pike St.

Kiddy Kookery



or Cookery for “Grown-ups” can be
done better on the modern

ELECTRIC RANGE

than on any other, because—

- No matches, no flame
- No soot, no fumes
- Clean kitchen, clean utensils
- Quick, even heat
- Food flavors conserved
- Heat absolutely regulated
- Uniform results.

There is no substitute for the

ELECTRIC RANGE

PUGET SOUND POWER & LIGHT
COMPANY

Main 5000

Phone Kenwood 0530

4341 University Way

Dresslar Hardware Co.

HARDWARE, HOUSE FURNISHINGS

PAINTS, OILS *and* GLASS

Seattle, Wash.

To make fine salad dressings
You do not have to boil,
Be sure you use the purest
NAPOLEON OLIVE OIL.

But if you're in a hurry,
Your friends will always praise
The dishes that you serve with rich
GOLD MEDAL MAYONNAISE.

Your Grocer Has Them

A. Magnano Company

SEATTLE

ARTHUR L. LOVELESS

ARCHITECT

513 Colman Bldg.

Main 2830



An Architect may be judged by the kind of kitchens
he designs.

¶ Satisfaction or your money back.

¶ The only store in Seattle that has a guaranteed price.

¶ You save money when you buy here.

Enterprise Furniture Co.

4313-15 University Way

Kenwood 1813



BABY

A LITTLE BIT OF HEAVEN
TO BE SURE, TO BE PROP-
ERLY FED, PROPERLY
CLOTHED, PROPERLY
CARED FOR.

In other parts of this book you will find the secrets of proper feeding for Baby in his various stages of babyhood and boyhood. Here we will consider proper clothing.

Clothe baby for comfort. Select his little gowns, dresses, stockings, bonnets, bibs and other needs primarily for comfort, then consider durability and appropriateness.

*Bring Baby to MacDougall's.
MacDougall's are ready for Baby.*

MacDougall-Southwick
Second Avenue at Pike

INDEX

	Page
DO NOT FORCE A CHILD TO EAT	25
TRAINING CHILDREN TO CHEW FOOD	26
BE CHEERFUL AT MEAL TIME	26
GETTING CHILDREN TO DRINK MILK	27
BREAD	34
Bran Muffins	34
Date Bread	34
Date Muffins	34
Roman Meal Bread	34
BEVERAGES	67
Cocoa	67
Cocoa Paste	67
Egg Lemonade	67
Lemonade	68
Grape	67
Orangeade	68
Wholesome Drink	68
CEREALS	
For Six Months	8
For Nine Months	12
Cooking of Cereals	8, 30, 31
Serving of Cereals	8
Cooking of Cracked Grains	12
Cereal Gruels	31
Barley Gruel (With Broth)	31
Barley Jelly	31
Bran Mash	31
Cornmeal Mush	32
Cracked Wheat	33
Cream of Wheat	33
Farina	32
Oatmeal	32
Rice (Boiled)	32
Rice (Steamed)	33
Rolled Oats	33
COOKIES	69
Anise Seed	69

	Page
Chocolate Cookies	69
Date Eggless	69
Date Oatmeal	69
Drop Cookies	70
Grape Nut	70
Hermits	70
Honey Cookies	70
Ice Box Cookies	71
Jelly Cookies	71
Oatmeal Cookies	71
Peanut Cookies	71
Roman Sugar	72
Raisin	72
Sour Cream Drop	72
Sour Milk Sugar	72
CUSTARDS	65
Baked	65
Chocolate	65
Peach	66
Plain	65
DESSERTS	
Apple Float	57
Apple Graham	57
Apple Tapioca	63
Bavarian Cream	57
Bread Pudding	57
Chocolate	58
Plain	58
Brown Betty	58
Brown Pudding	58
Brown Sugar Pudding	58
Chocolate Blanc Mange	63
Chocolate Cream	59
Chocolate Souffle	59
Cornstarch Pudding	60
Date Sponge	60
Date Tapioca	63
Emergency Dessert	61
Gelatine Prune	61
Grape Fluff	61
Junket	58
Caramel	59
Cocoa	59
Lemon Sauce	60
Lemon Souffle	61

	Page
Milk Rice with Fruits	62
Peach Meringue	62
Pineapple Dessert	62
Prune Pudding	62
Snows	63
Tapioca	
Apple Tapioca	65
Cream Tapioca	64
Date Tapioca	64
Pineapple Tapioca	64
Whips	64
Fruit Whip	60
Prune Whip	63
ENTREES	53
Baked Rice	53
Casserole of Rice and Salmon	53
Onion Souffle	53
Spaghetti with Tomatoes	53
Tomato Cream Toast	53
EGGS	35
Egg Nog	35
Coddled Eggs	35
Cooked Eggs	35
Poached Eggs on Toast	35
Scrambled Eggs	35
Plain Omelet	35
Steamed Omelet	35
FISH	52
Halibut and Spinach	52
Oysters on Toast	52
Salmon	
Baked with Tomato Sauce	52
Loaf	52
Rice and Salmon	53
Roll	52
FRUITS	
Apples (Baked)	28
Apples (Sauce)	28
Apricot and Prune Sauce	28
Fresh Bananas	29
Stewed Figs	29
Orange Baskets	29
Orange Jelly	29
Orange Juice	8

	Page
Serving Oranges	29
Baked Pears	29
Steamed Rhubarb	29
MEATS	
Bacon	13
Beef Tongue	51
Casserole of Rice and Meat	48
Chicken a la King	48
Chipped Beef	48
Chops	
Flame Broiled	49
Pan Broiled	49
Dried Beef with Egg	48
Hamburg Steaks in Tomatoes	49
Liver	
Broiled	49
Liver Loaf (2 recipes)	50
With Spinach	50
Scraped Beef	13
Steak	
Flame Broiled	49
Pan Broiled	49
Sweetbreads	
To Parboil	50
Creamed	51
MENUS	
12 to 18 Months	14
18 Months to 3 Years	18
3 to 6 Years	22
POTATOES	47
Baked	47
Baked in Half Shell	47
Scalloped	47
Stuffed	47
SALADS	54
Asparagus	54
Cabbage	54
Cottage Cheese	54
Egg Salad	54
Fruit Salad	54
London Salad	54
Raisin Salad	55
Raw Vegetable	55

	Page
SANDWICHES	56
Bacon Toast	56
Celery	56
Egg Salad	56
Hot Hash	56
Lettuce	56
Liver Paste	56
Raisin Paste	56
SOUPS	
Bean Soup	37
Beef Broth	37
Beef Juice (2 recipes)	10
Broth	11
Chicken Broth	37
Clam Chowder	38
Clam Nectar	40
Cream Beat Soup	40
Cream Carrot Soup	39
Cream Celery Soup	39
Cream Clam Soup	39
Cream Lettuce Soup	39
Cream Pea Soup	40
Cream Potato Soup	40
Cream Spinach Soup	40
Cream Squash Soup	40
Cream String Bean Soup	40
Mutton Broth	37
Oyster Soup	38
Tomato Soup	38
Rice Tomato Soup	38
Vegetable Soup	38
VEGETABLES	
Asparagus	42
Creamed	42
Lima Beans	42
String Beans	42
Creamed	42
Beets	42
Brussels Sprouts	42
With Celery	43
Scalloped	43
Cabbage	43
Baked	43
Scalloped	43

LIBRARY OF CONGRESS



0 027 132 721 3